100 Seconds to Taipei

百秒當下台北城

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台北市政府

百秒 看台北

你有多久沒看台北了呢？一小時？一天？一個月？一年？
也許，你從來就沒真正好好的看過台北！

台北，臨水而立，依山而築。山巔蔥蘢蒼翠，水湄群鳥飛翔，山水之勝，滋養了豐饒的土地，哺育了城裡的眾生。環繞在市郊的農園，提供城市居民假日前往荷鋤耕植，享受「學老農做老圃」的樂趣；而被山水擁抱的市中心盆地，可以散步，可以漫遊，可以畫荷，可以垂釣，可以放風箏，也可以跳舞、打拳，隨時可以「偷得浮生半日閒」。

台北，建城百餘年，滄海桑田，變化萬千，唯一不變的是台北人的親切友善和尊重包容。不論你來自何方，不論你是何種族群，都可以在這個自由寬容的城市找到屬於自己的信仰，表達內心的虔敬。

台北，新舊並陳，古蹟與高樓共生。捷運車站是最現代化的展場，林蔭大道因各種藝術品的妝點而更加優雅怡人，而巧置於城市各角落的公共藝術也等著隨時與你不期而遇。至於古蹟的活化再生，是舊瓶新裝也好，是老調重彈也罷，同樣都在表達對台北的一份真摯的、歷久彌新的情懷。

台北，一個經年慶典饗宴不斷的城市。歡樂團圓的農曆新年、火樹銀花的元宵燈節、萬象更新的元旦嘉年華、充滿力與美的端午龍舟競渡、浪漫溫馨的中秋賞月、普天同慶的雙十佳節、萬民狂歡的跨年晚會、各個宗教的民俗慶典，以及不同族群的文化活動，讓你從年頭到年尾都充滿了驚喜和悸動。

台北，城開不夜。當夜幕低垂，華燈初上，台北的夜之生活正準備上演。五光十色的霓虹，璀璨流動的夜景，咖啡館裡的靜坐沈思，pub裡的扭動輕舞，來自四面八方的夜之精靈，共同編織屬於台北城夜的故事。

台北，台北，值得你蒞臨探訪、仔細品味。

《百秒　當下　台北城》，十個有關台北生活的篇章，一百幅時空活動影像的凝結，提供你從不同的角度欣賞台北的生態、美景、民俗、人文等萬般風情，讓你只需花一百秒，就可以看盡全台北。

100 Seconds to Taipei

How long has it been since you last took a good look at Taipei? An hour? A day? A month? A year? Or perhaps, you never really took a good look at this city at all!

Taipei, a city along the river, amidst the hills; its slopes lush with green, its banks alive with fowl. Mother nature nourishes the fertile land and nurtures its people. Experience a country weekend at tourist farms on the outskirts of the city; or take a break from urban life and enjoy carefree walks, paint water lilies, go fishing, fly a kite, dance, or exercise, in this basin embraced by rivers and hills.

Taipei, a city over a century old, has weathered many changes, through which kindness and respect were among the few things that remained constant. No matter where you're from, no matter which group you belong to, this city of freedom and tolerance will help you find your own way to express the faith within.

Taipei, a city of past and present; a mixed sight of historical buildings and modern architecture. MRT stations double as the city's newest galleries, works of public art add ambiance to the wooded boulevards, and well-placed artistic installations throughout the city catch people by surprise. As new fixtures are added, relics of the city's past undergo renovation—call it playing the same old tune if you like, but we see this reverence for the past as an expression of our sincere and timeless devotion towards this city.

Taipei is a city of festivals and celebrations all year yound. Family reunions on Chinese New Year, lanterns and fireworks at the Lantern Festival, parties on New Year's Day, boat races at the Dragon Boat Festival, romantic and warm Mid-Autumn Festivals under the moon, celebrations on Double Tenth Day, New Year countdowns, plus religious and cultural activities of every kind, fill the whole year with surprises and wonders.

Taipei, a city that never sleeps. As dusk sets in, colorful lights announce the excitement about to unveil. You see bright neon lights, a dazzling skyline, deep minds in quiet contemplation in cafes, bodies swaying to the rhythm of music in pubs... fairies of the night slip in from every direction to weave the night story of Taipei.

Taipei, a city worth visiting and savoring.

《100 Seconds to Taipei》 One hundred seconds to take in the whole city: ten settings and one hundred active images allow you to appreciate Taipei's natural resources, scenery, culture, and people from a whole new perspective.

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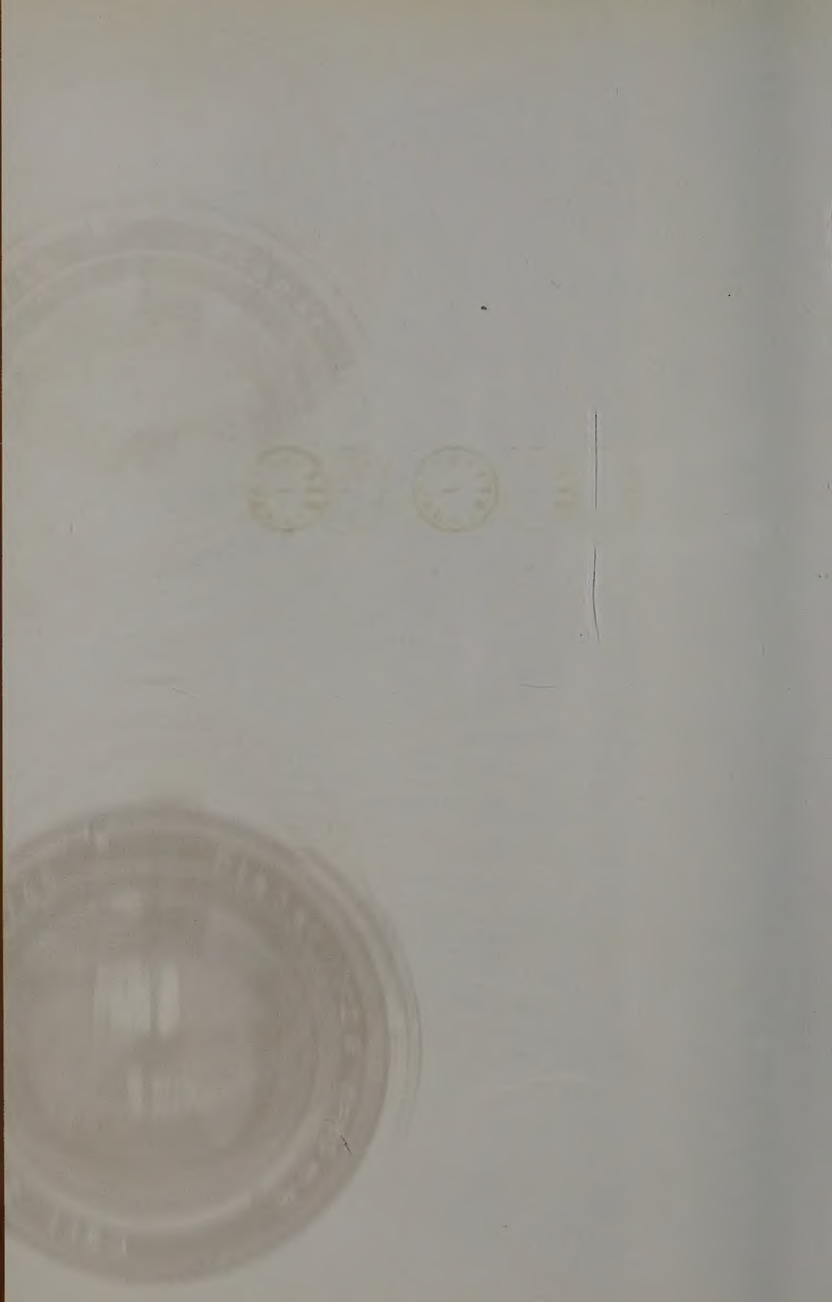


十秒 土地 *The Land*

Photo by Hsu Yukai

在台北市郊的市民農園裡，到處可見捲袖赤腳、荷鋤播種的畫面。（余榮欽攝）
Citizens with their sleeves rolled up working the land barefoot—a common sight in Taipei's suburban tourist farm. (Photo by Yu Rongqin)

除了公園，台北城中心覆蓋著各式各樣的磚、水泥、柏油、建築，一層一層阻隔著人們與土地。再遠一點，環著中心的盆地、山丘，耕作的人們依舊，植茶的人們依舊，在不多的泥土地裡，闢出小塊農田，將植作農場開放。那些在市場上、傳統食材店、花市裡，讓人們歡喜挑選的，不僅意味著回家之後美味的盤中飧，或者一場浪漫約會的禮物，再往前思索一點點，它們，都來自我們腳下的這片土地。

享受「赤足踩在軟泥上」的感覺，是現代台北人接觸土地的一種方式。（王能佑攝）
Feeling the soft earth with their bare feet—one of the many ways Taipei residents get intimate with the land. (Photo by Wang Nengyu)

簡單的來說，台北市為盆地形都市，除西側為淡水河外，其餘三面山林圍繞，山坡地範圍約佔全市面積百分之五十五。台北市的地理區域東起南港區舊莊里，西至北投區關渡里，南為文山區指南里，北為北投區湖田里，與台北縣接壤。整個盆地的形成約歷經六百萬年，期間因大屯山火山爆發活動，堵塞淡水河口而於二十萬年前形成台北湖，歷經多次變動，最後於三百年前湖水宣洩而成為現今我們所居住的盆地平原。

站在城中心高樓遠眺，可見環著盆地的若干山脈。在南方及東南方，屬於雪山山脈的北部尾稜，主要為新店溪流域，最高處是烏來地區的南勢溪上游，在台北市

台北市的田園是市民進行親子「育教於樂」活動的最佳場所。（余榮欽攝）
Tourist farms in Taipei are the best places for parents and children to learn and have fun together.
（Photo by Yu Rongqin）

的部分即是屬於整個大文山的文山區，以茶業興盛；北側則是大屯火山區，最高處為七星山，陽明山國家公園即位於大屯火山群峰地帶，附近所闢出的各式各樣觀光農園，成為台北市民郊遊遠足最佳選擇地。

農業工業化、精緻專業化之後，年輕一代投入更多新興的行業之中，與土地的關係日漸疏遠，想來不僅是工業化之後許多人心中的失落，也是農業傳承所面臨的實際危機。而我們生活所需，卻都來自土地。

觀光農業的推行，將「赤足踩在軟泥之上」轉化為現代都市居民接近土地的另一種方式，不是揮汗如雨、烈日當頭的每日辛勞，而是假日休閒的園圃之樂。在台北市各區開闢出的休閒農場，近來受到台北市民的青睞，從緊張繁忙的都市生活，咫尺可回歸田園，不再是夢想。在北投區陽明山公園和竹子湖山區一帶，有觀光柑園、草莓園、菜圃、花圃，以及七處市民農場；松山區四獸山的象山山麓，也有一處市民農園；士林區、內湖區多處觀光果園；以工業區為主的南港，沿著舊莊街二段是包種茶的故鄉，早年南港茶園面積達三百公頃，今日僅留七十公頃；文山區的觀光茶園也廣為人知，計有百家以上的茶農，茶坊四處林立。

仙人掌園是台北市觀光花圃的一大特色　（張慧玲攝）
Cactus garden is one of the unique features of Taipei tourist flower farm.（Photo by Zhang Huiling）

「誰知盤中飧，粒粒皆辛苦」，大概很難經由短暫的田園休閒生活裡領悟感受。一次次的親近與認識，或許能夠反轉在都市中長大的小孩與土地漸行漸遠的遺憾。我們皆不是荷著鋤頭下田，日出而作，日落而息，與自然同步運行的一代，然而，這些土地其實離我們不甚遠，在它們還未被水泥全然覆蓋之前，多花一點點時間，你還來得及走進。

10 Seconds

The Land

（余榮欽攝 Photo by Yu Rongqin.）

Situated as it is in a broad basin, the city of Taipei is surrounded by an uneven ring of mountain peaks and ridges. Stand on any tall building downtown and you can see mountains ringing the basin. To the south and southeast, the tail end of the island's backbone Snow Mountain range encompasses the headwaters of the Xindian River, and of the Nanshi River, higher up near Wulai. Known locally as the Great Wenshan Area, home to Wenshan District and other districts of the city, which prospers through its tea plantations. To the north, meanwhile, the skyline is framed by the volcanic peaks of the Datun Mountains, home to Yangmingshan National Park and the range's highest peak is Seven Star Mountain. These hills are also home to a variety of bucolic tourist attractions, an "agro-tour-

金黃色的稻浪和遠處的青山相互輝映出台北市的土地之美 （王春洋攝）
Golden paddy fields and the distant green mountains set off Taipei's landscape. （Photo by Wang Chunyang）

在農家的巧思布置下，小朋友也可以輕鬆的在綠意盎然的蕃茄隧道中享受採果樂趣。（張慧玲攝）
Children delight in the joys of of fruit-picking in a "tomato tunnel" designed by local farmers.
（Photo by Zhang Huiling）

ism" sector that has become the destination of choice for citizens seeking a refreshing day-tour outing away from the bustle of the city.

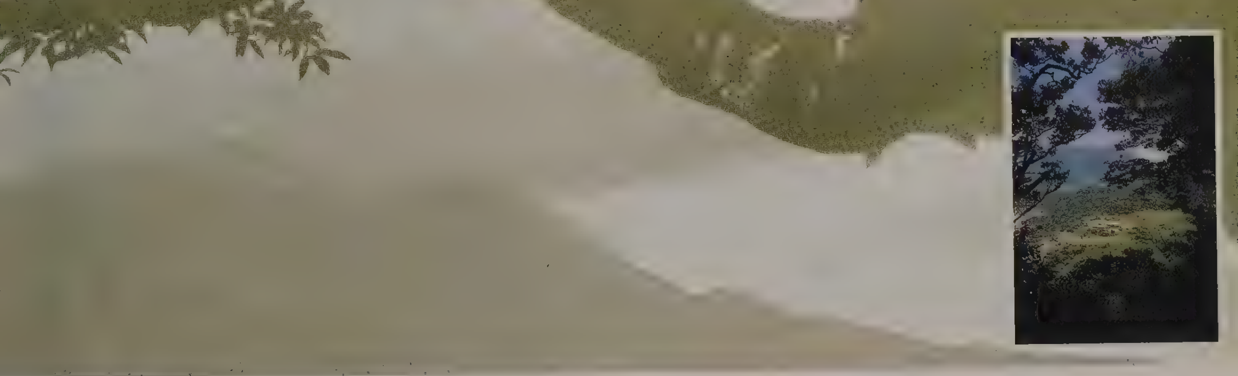
With the mechanization of agriculture and its related specializations, younger people have moved into new occupations and become removed and distant from the land. This is not just a loss in terms of the human spirit, but is also one aspect of a real crisis in the farming industry, with loss of the transmission of its rhythms and techniques. For, quite simply, does not everything we need in life come from the land?

Development of the agro-tourism industry provides modern city-dwellers with access to the land that is characterized not by rivers of sweat, a punishing sun and endless hours of demanding toil, but rather by the leisurely pleasures of an excursion to the country. The destinations that have been developed over the past few years represent an ideal escape from the frustrations of urban life, and "getting back to the land" in a short distance is not simply a dream for city folks anymore. In Beitou District, between Yangmingshan Park

結實纍纍的紅龍果農場讓遊客彷彿置身熱帶雨林。（張慧玲攝）
Trees laden with fruit on a pitaya farm give the impression of a tropical rain forest. （Photo by Zhang Huiling）

台北市觀光茶園裡茶農採茶景觀。（余榮欽攝）
Tea-picking at a tourist tea farm in Taipei. （Photo by Yu Rongqin）

and the Bamboo Lake mountain zone, it offers orange groves, strawberry farms, vegetable and flower plantations, and seven "city-folk" recreation farms. Another recreation farm is to be found in the Elephant Mountain zone of Four Animals Mountain in Songshan District, while Shilin and Neihu both offer a number of orchards that welcome tourists. Even in industrialized Nangang, semi-rural Jiuzhuang Street, Section 2, remains the home of the renowned baozhong tea. Even though the tea gardens that once covered 300 hectares in the area have been reduced to seventy hectares, Wenshan District still remains the main destination for tea lovers, with more than a hundred tea plantations dotting the hills and mountainside teahouses at virtually every turn in the road.



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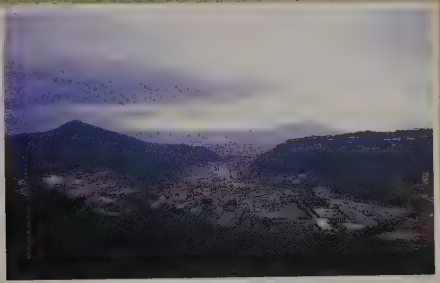
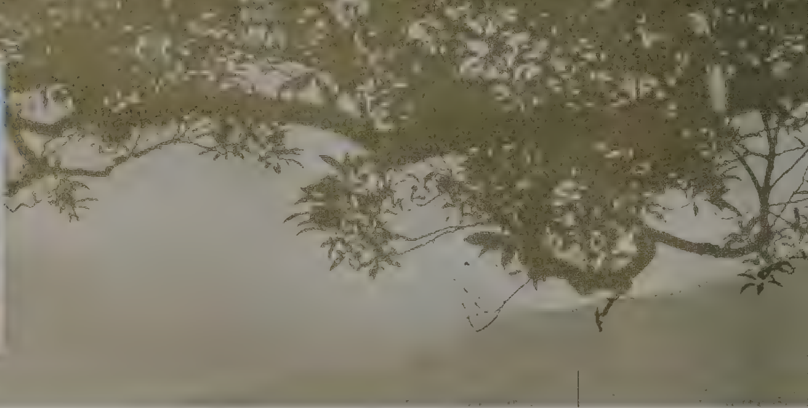
盆地地形的台北市，三面為山林所環繞、林木蓊鬱、景致優美。圖為標高
[illegible]公尺的七星山[illegible]

Surrounded by mountains on three sides, Taipei Basin is endowed with unique natural scenery with lush forests and a variety of fascinating landforms. Photo features Qixingshan, rising 1,120 meters above sea level.
(Photo by Wang Chunyang)





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在青山環繞間，一畦畦的田地，是繁華都會裡珍貴的綠色資源。（葉銘源攝）
Nestled in the verdant mountains, the ridge-bordered plots are a valuable natural asset to the busy metropolis.（Photo by Yeh Mingyuan）

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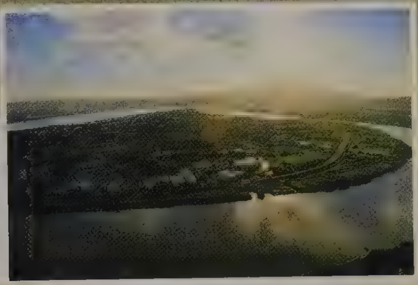
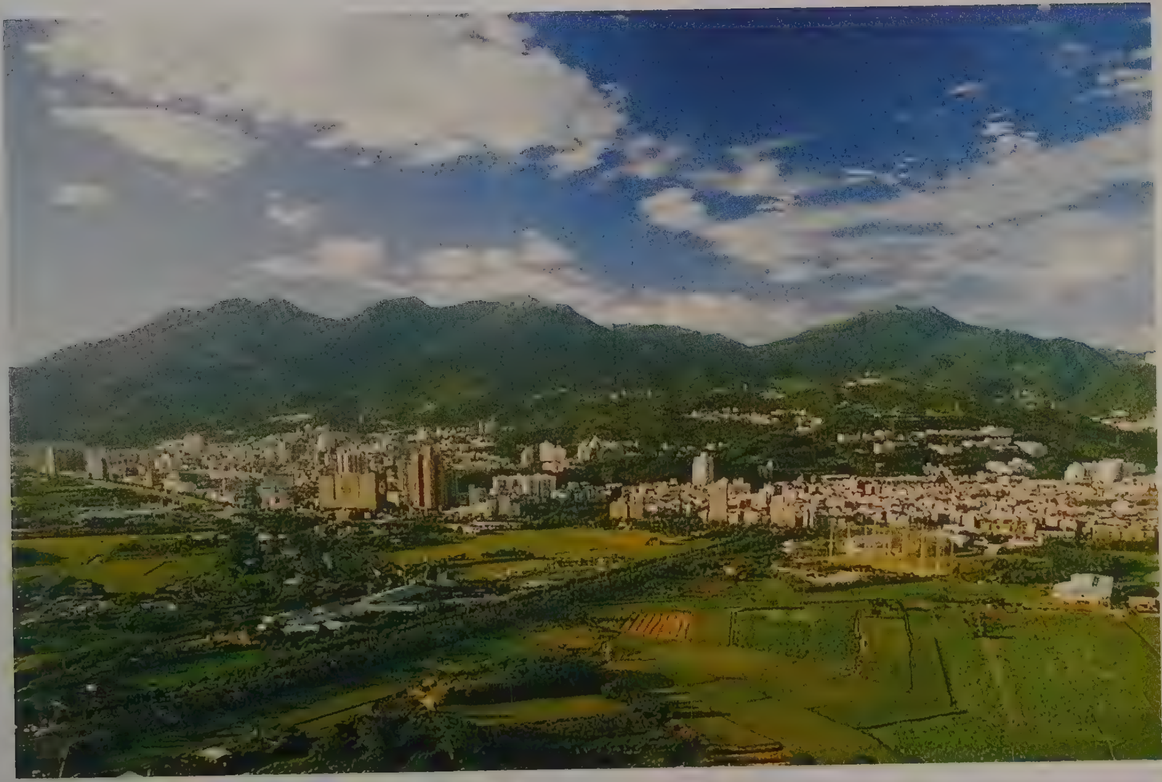
陽光下，幾戶人家坐落在蒼翠的紗帽山西側湖底盆地中，安詳而寧靜的氣氛，彷若世外桃源。（王春祥攝）
Nestled in a basin on the west flank of verdant Shamaoshan, these families and their surroundings create a tranquil ambiance reminiscent of mythical





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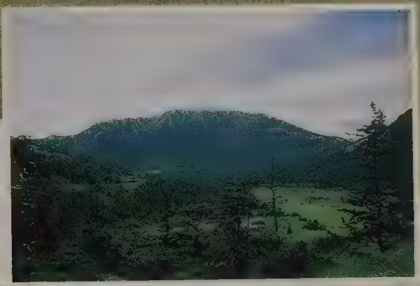
綿延的青山，綠色的大地，擁抱著群居的社區，台北市的大自然資源，得天獨厚。（許允斌攝）
Taipei is surrounded on three sides by green mountains and lush forests, which endow the city with a unique natural beauty.
(Photo by Hsu Yunbin)



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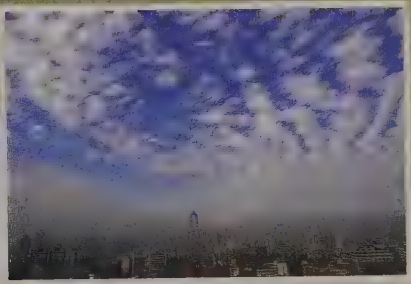
從四獸山鳥瞰台北市，雖然文明改變了城市的樣貌，但那來自土地的呵護與滋養依舊清晰可見。（王能佑攝）
Bird's eye view of the city from atop the "Four Beasts" mountain range. Though civilization has changed the face of the city, the nourishment it receives from land remains evident.（Photo by Wang Nengyu）



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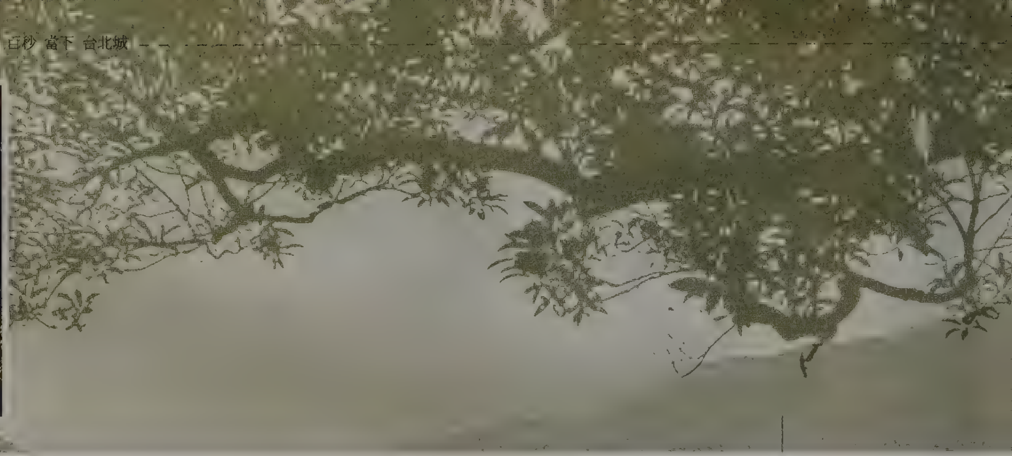
在繁華的台北市，有林立的高樓大廈，有綿密的街道網絡，也有熱情的城市居民……，還有對土地的深情依戀？（許允斌攝）
Amid the hustle and bustle of Taipei City lies a forest of skyscrapers, criss-crossing streets and roads, friendly residents, and the deep affection they have toward their land.（Photo by Hsu Yunbin）



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台北市郊的農園提供市民知性的休閒之旅，民眾可以一邊採果，一邊享受親子之樂，以及由土地所孕育出的豐饒。（余榮欽攝）
Tourist farms in the suburbs of Taipei offer great choices for residents to engage in leisurely and educational activities. Visitors can spend quality time with their children while picking fruit and savoring nature's bounty.
(Photo by Yu Rongqin)

認真灌溉者，將會有大收穫。台北市成長的軌跡就[illegible]勤奮耕[illegible]地[illegible]（[illegible]）
As you water, so shall you reap. The land records each stage of Taipei's development that came as a result of people's relentless tilling efforts. (Photo by Yu Rongqin)

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獨特的濕冷氣候，使陽明山竹子湖栽培出誘人的海芋，每當花開季節，白綠相間的海芋田裡立刻充滿著遊客的歡笑。（余容欽攝）
A unique climate marked by high humidity and low temperature makes Bamboo Lake in Yangmingshan the perfect habitat for calla lily. When the flower season begins, the fields of white and green calla lilies are soon filled with the laughter of visitors. (Photo by Yu Rongqin)

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滿山的茶樹鋪蓋在台北市郊的山坡上，茶農穿梭在綠油油的茶樹間採茶，木柵鐵觀音、南港包種茶就在他們忙碌的採摘中聲名遠播。（王能佑攝）
Tea plantations carpet the hills and slopes rimming the suburbs of Taipei. Tea farmers are scattered among the bright green tea trees, busy picking the leaves that produce the renowned Wenshan Tieguanyin tea and Nangang Baozhong tea. (Photo by Wang Nengyu)

十秒虔敬

10 Seconds *Faith*

（杭大鵬攝　Photo by Hang Dapeng）

教堂裡傳來優美的頌歌，在自由而寬容的台北市，任何人都可以找到心靈的信仰。（許允斌攝）
Hymns from the church represent one of the many religions in the free and diverse city of Taipei.
(Photo by Hsu Yunbin)

熟悉的單車，熟悉的雙人組，摩門教士穿梭在台北大街小巷傳播教義的虔誠精神令人敬佩。（王能佑攝）
A couple of Mormons riding bicycles through the streets of Taipei, preaching the Gospel: a familiar sight, an admirable faith.
(Photo by Wang Nengyu)

住在台北，步出巷子的過程中，你可能遇到一間小小的土地公廟，轉個彎，禮拜堂裡傳出優美的聖經詩歌。我們有基督教、佛教、道教、回教、天主教，還有兩兩騎著腳踏車傳教的摩門教士……各式各樣的宗教匯集在我們生活四周，你要向哪個神虔敬，沒有人會約束你。這是台北，我們的城，有居民們寬容及相互接受的心。

目前台北市被列為古蹟的幾座廟宇，多半是清代從福建泉州、漳州渡海來台的移民，因開墾初期諸事不順，紛紛再渡海請來諸神坐鎮，安穩民心。於是閩南民間信仰為大的媽祖，在台北市著名的便有關渡宮，興建於清康熙年間，與北港朝天宮、鹿港天后宮並稱為「台灣三大媽祖廟」。另一座是列為古蹟，也供奉天上聖母——媽祖的松山慈祐宮。屬三級古蹟的芝山岩惠濟宮，供奉開漳聖王；列為三級古蹟的大龍峒保安宮，奉祀保生大帝；供奉城隍爺的有昭明廟、霞海城隍廟；艋舺地藏庵，則供奉地藏王，旁從祀府城隍；而香火鼎盛不下行天宮的龍山寺，祭拜的則是觀世音菩薩，屬二級古蹟。

基督教如現存的北投教會，是加拿大傳教士馬偕所創，教堂乃是一九一二年，由加拿大

在香煙繚繞中，虔誠的信眾祈求的是平安和喜樂。（葉銘源攝）
Amidst the burning incense, faithful believers ask for peace and joy.（Photo by Yeh Mingyuan）

虔敬不僅存在於對神明的祈願中，也是每個人都該學習的生活態度。（許育愷攝）
Faith should exist not only in prayers to the gods, but also in our attitude towards life.（Photo by Hsu Yukai）

來台的傳教士吳威廉所設計建造，為市定古蹟，對於台灣近代宗教發展史上具有見證價值。又如北投普濟寺供奉湯守觀音，初建於一九〇五年，為台灣少見的日本真言宗佛寺，是當時鐵道員工所建的寺院，所以又名為「鐵真院」。位於中山區圓山西麓的臨濟護國禪寺，為一九〇〇年日本僧人得庵玄秀禪師所建，為佛教的另一支派。

依現有的各個宗教建物看來，台灣大體上是一個對宗教相當開放的地方。然而，在歷史的發展過程中，兩種不同的信仰相遇，有時不見得能夠共容。數百年前，陸續渡海來台的移民，與原住民之間衝突，加上基督教、天主教進入原住民的生活領域，新一代的年輕人多半沒有信仰的傳統，種種多重夾擊之下，原住民族的傳統信仰亦漸漸消逝。極力恢復原有的宗教信仰、保存儀式的完整面貌，是所有關心原住民文化傳承的人士，相當關切的議題。

在台北，我們可以見到的宗教共融，是開放的心所換取而來的。因為不同宗教而引起的爭端，在世界其他地方都還在發生。然而，一座各個族群共同生活的大都市裡，懂得尊重他人的虔敬，甚至能夠進一步了解他人虔敬的源頭，相信是每一個國際都會居民，都該學習並且珍惜的態度。

10 Seconds

Faith 虔敬

台北市匯集著各種宗教，也存在著各式各樣的宗教建築。圖上為新生南路的真理堂，圖右為金華街的摩門教聖殿。（謝三泰、杭大鵬攝）

All kinds of religions can be found in Taipei, along with their unique places of worship. Top: Truth Lutheran Church on Xinsheng South Road. Right: Church of Jesus Christ of Latter-Day Saints (the Mormons) on Jinhua Street.（Photo by Xie Santai / Hang Dapeng）

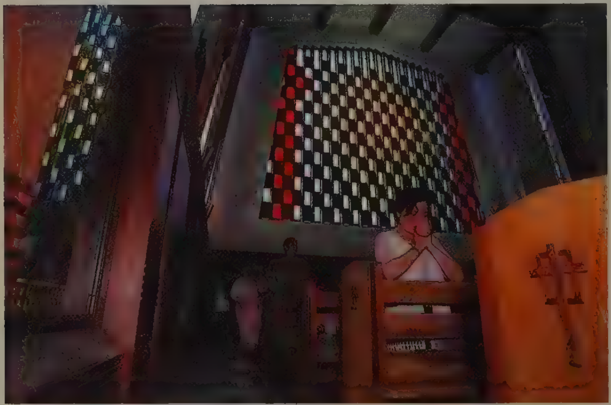
清真寺裡教徒虔敬祈禱的神情，令人感動。（許允斌攝）
Muslims at the Taipei Grand Mosque pray with sincerity that moves the soul.
(Photo by Hsu Yunbin)

Walking through the lanes of Taipei, you might encounter a temple of the God of Earth or, just around the corner, a church, the lovely hymns from within swelling in the air. All faiths are practiced here—Protestantism, Buddhism, Daoism, Islam, Roman Catholicism, the Mormonism of the "cycling missionaries"—and every faith has its place in the city's life. Respect what deity you wish; no one will seek to restrain you. This is Taipei, and its people are tolerant and accepting.

Most of the few temples recognized as historical monuments in Taipei today were established by immigrants from the Fujian province prefectures of Quanzhou and Zhangzhou during the Qing Dynasty. Frustrated in their efforts to develop the land here, they brought their deities across the strait to help open the island's land and bolster their own spirits, and so it is that the popular Southern Fujianese goddess Mazu became the titular deity of three important temples in Taipei: Guandu Temple, built during the reign of Emperor Kangxi, Chaotian Temple in Beigang, and Tianhou Temple in Lugang. In Taipei, another temple dedicated to the Holy Mother-Mazu, and also a historical monument, is Ciyou Temple in Songshan District. The third-grade monument Zhishanyan Huiji Temple is dedicated to the Holy Monarch Kaizhang; the second-grade monument Dalongtong Baoan Temple is dedicated to the Great Emperor Protector; Zhaoming Temple and Xiahai

一柱清香，無限虔敬，傳統民俗信仰深入台北市民的生活中。圖上為艋舺的地藏庵，圖下為行天宮。（王能佑攝）
Incense and faith: traditional customs are deeply rooted in the lives of Taipei's citizens. Top: Dizang Temple (Temple of Kshitigarbha Bodhisattva) in Mengjia. Bottom: Xingtien Temple. (Photo by Wang Nengyu)

信徒在天公爐前虔誠祭拜，祈求神明賜福，形式雖因人而異，內心的虔敬則相同。（許育愷攝）
Devout believers ask for blessing at the censer: each in their own way, but with the same devotion.（Photo by Hsu Yukai）



雙手合十，虔敬默禱，聖家堂裡教友心中追求的只是一份小小的祈願 ——平安、喜樂。（許育愷攝）
Clasped hands holding silent prayers at the Holy Family Catholic Church: devout hearts ask for but peace and joy.（Photo by Hsu Yukai）

Temple of the City God are dedicated to the City God; the Lord of the Underworld is honored at Mengjia Dizang Temple and the second deity is the City God, while at Longshan Temple, a second-grade monument whose clouds of incense are quite the equal of those at Xingtian Temple, the honored goddess is Avalokitesvara, the bodhisattva Guanyin.

A representative Christian Protestant church is the Beitou Mission, founded by the Canadian missionary George Leslie Mackay. Its church, a symbol of the development of religious activities in Taiwan in the modern era, designed and built in 1912 by another Canadian missionary, Rev. William Gauld, has been classified a city historical monument. Another curiosity in Beitou is the Puji Temple, dedicated to the Tangshou Guanyin and built in 1905. A rare example of the Japanese Buddhist Shinto sect temples, it was built by the railway employees of the time, which earned it the nickname "Iron-Truth Temple." Another Japanese Buddhist sect built the Lingji Huguo Zen Temple under the guidance of the Zen master Toku An Xuanyou Xuanxiu in 1900; it is located in the west side of Yuanshan area in Zhongshan District.

The mixing of religions we can observe in Taipei is the product of liberated minds, for in many parts of the world, differences of religion continue to be sources of conflict. In a large metropolis where people of all races and origins intermingle, every resident should learn and treasure the attitude of respecting the faiths of others and even take the further step of seeking to understand the origins of other faiths.

台北市政府 Taipei City Government

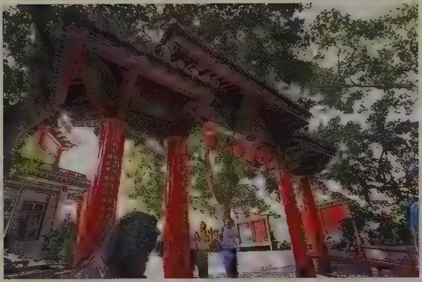
鮮花、[illegible]、[illegible]香、[illegible] [illegible] [illegible]
年的萬華龍山寺。（[illegible]
The 260-year-old Longshan Temple in Wanhua: flowers, fruits, incense, and the prayers of devout worshippers.（Photo by Yeh Mingyuan）

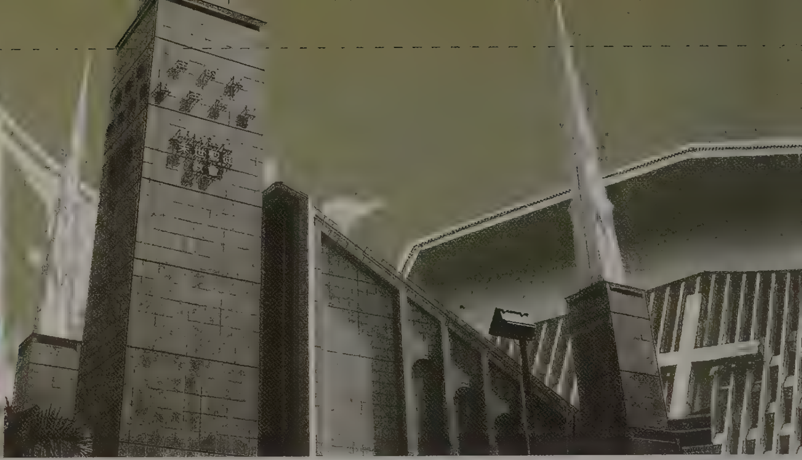
台北市政府 Taipei City Government

[illegible]
Xingtien Temple on Minquan East Road: under the sunlight, coils of incense smoke rise into the sky, delivering sincere prayers to the heavens.
(Photo by Wang Nengyu)

上：市政府 Taipei City Government

廟宇往往是當地居民的信仰中心，大龍峒保安宮在裝置了現代化的燈光藝術後，呈現出另一種溫暖的面貌，繼續護佑眾生，永保平安。（余榮欽攝）
Temples are often the center of faith for the locals. Now installed with modern lighting, Baoan Temple in Dalontong gives off a warm new look, and shall continue to bring blessing and peace to all. (Photo by Yu Rongqin)





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[illegible]

Huiji Temple in Zhishanyan, Shilin: innocent faces worship with sincere devotion. Culture is firmly planted in these young hearts and passed down through the generations. (Photo by Hsu Yukai)

台北市政府 Taipei City Government

看到了千里眼與順風耳分佇慈祐宮正殿兩側，相信很多人都知道裡面供奉的主神就是媽祖了（許育愷攝）
Qianliyan (Clairvoyant) and Shunfenger (Clairaudient) standing on either side of the temple is a sure sign that Mazu is the main god in Ciyou Temple. (Photo by Hsu Yukai)

關渡宮

台北市政府 Taipei City Government

寺廟是文化的遺產，藉由它可以了解前人的一脈相傳。位於北投關渡平原上的關渡宮，是北台灣知名的媽祖廟，百年來一直是淡水河的守護神。
（葉銘源攝）

Temples are our heritage, through which we understand our ancestors. The Guandu Temple, located on Guandu Plain in Beitou, is the northern Taiwan home of the goddess Mazu, who has been watching over the Danshui River for the past century.（Photo by Yeh Mingyuan）

大雄寶殿

台北市政府 Taipei City Government

[illegible]、格局宏偉的臨濟護國禪寺，是一座日式風格寺廟。（杭大鵬攝）
The grand and majestic Linjihuguo Temple (Huguo Meditation Temple of Linji) is a Japanese-style temple.（Photo by Hang Dapeng）

台北市政府 Taipei City Government

彌撒在莊嚴肅穆的氣氛中進行，教徒的心靈同時也得到撫慰。圖為位於新生南路的聖家堂。（許育愷攝）
Holy Family Catholic Church on Xinsheng South Road: a sublime and holy mass brings comfort to the heart.（Photo by Hsu Yukai）

台北市政府 Taipei City Government

91年6月16日晚間，位於新生南路的清真寺舉行夜間點燈儀式，金碧輝煌的燈光映照著莊嚴肅穆的阿拉伯式建築，喜悅閃耀在教徒的臉上。
（趙元彬攝）
June 16, 2002, Evening lighting ceremony on at the Taipei Grand Mosque on Xinsheng South Road: splendid lights shine on solemn Arabian-style architecture, and joy radiates from the faces of the Muslims.
(Photo by Zhao Yuanbin)

[illegible]

Grace Baptist Church on Xinsheng South Road: sincere prayers in the hope of rising above worldly matters. (Photo by Hsu Yukai)

[illegible] Taipei City Government

十秒

節慶 Celebrations

（王能佑攝 Photo by Wang Nengyu）

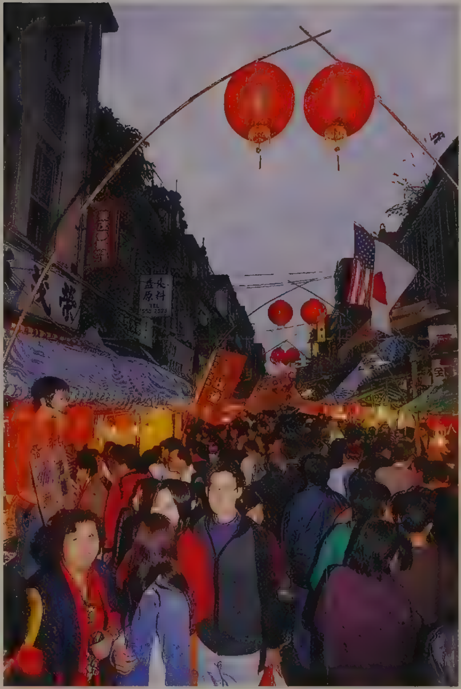
大龍峒保安宮的保生大帝生日慶典，熱鬧非凡。（杭大鵬攝）
A joyous festival at Baoan Temple, Dalontong, on the birthday of the Great Emperor Portector.
(Photo by Hang Dapeng)

「節慶」最先想起的一定是「放假」，無論是學生，或是上班的人們。這個節慶原來是為著什麼？人們倒不一定在乎，或試圖釐清。每一個不同的區域、族群，都有其特殊的慶典。目前政府公告的國定假日，從元旦算起還有舊曆新年、二二八和平紀念日、清明節、端午節、中秋節、國慶日，放假的節日遠較往年來得少，記憶中「光輝十月」後隔沒幾天就放假的「好日子」，已然消失。

這些公定的假日中，民俗節慶便佔去一半：除夕闔家團圓、清明節掃墓、端午節划龍舟吃粽子、中秋節吃月餅賞月……再往前追溯，便可以知道，這些民俗節慶並不是島國所有族群共有的。講求多元族群融合的台灣當下，各個族群也開始向外推廣屬於自己的慶典，而大都會台北，更是來自各地族群的聚集處，一年四季慶典不斷，無論官方或者民間，在這些特殊的日子裡，都會舉辦大大小小的節慶活動、文化祭。

民間最為熱絡的慶典，莫過於廟會的祭典活動。每年從農曆一月開始，北投地區、唭哩岸地區，便展開媽祖遶境活動，花車遊行加龍虎陣，相當具有特色，至農曆三月二十三

民俗節慶活動可展現不同族群的文化特色。圖為客家義民祭典活動。（萬華區公所提供）
Yimin Festival (Hakka sacrificial rite dedicated to ancestral warriors): traditional festivals shed light on the unique cultural features of different ethnic groups.
(Photo courtesy of Wanhua District Office)



迪化街一年一度的「年貨大街」活動，擠滿採買年貨的人群。（王能佑攝）
Dihua Street in the runup to Chinese New Year, packed with people shopping for traditional New Year goodies.
(Photo by Wang Nengyu)

日的媽祖聖誕為高潮。此外，如福德正神誕辰、觀音菩薩誕辰、天上聖母祭典、地藏法會、釋迦牟尼佛聖誕，皆舉辦法會。較為盛大的活動，如大龍峒保安宮所祭祀的保生大帝，則是逐漸成為由民間與官方合辦的「保生文化祭」；香火鼎盛的霞海城隍爺廟，每年的城隍爺聖誕，也會有城隍爺出巡、傳統藝閣、南北管、花燈車、傳統陣頭遶境遊行等活動。而各個族群，如原住民族、來台工作的各國外勞等，也會藉由文化節祭的舉辦，彰顯特有的文化及傳統。

由官方所籌辦的節慶活動中，較具代表性的如慶祝端午節，於六月舉行的「台北國際龍舟錦標賽」；於元宵節前後，規模龐大的「台北燈節」，除了花燈的展示之外，也會有周邊的藝文活動；今年進入第七屆的「客家文化節」、第六屆「原住民文化祭」，以及原是屬於西方基督教的耶誕節，在台北市也會有一連串的慶祝活動。

這些祭儀慶典，給予人們最大的意義並不僅是放假休息，更重要的是，透過認同屬於自己族群的慶典、其他不同文化背景下的慶典活動，了解其緣由、背景——那是傳統的延續，也是每一個族群、文化特有價值觀的展現。

重新尋回慶典背後所代表的意義，認識你所歡度的節日與你的關係，了解其他族群節慶的起源、由來、儀式等等，然後才能適度的投入，以適度的心情。雖然生活在一個已邁向國際化的都市，然而久遠之前，某一輩祖先們所遺留給我們的訊息，你依然可以在這些日子裡回溫，然後傳給下一代的子孫……

10 Seconds

Celebrations 節慶

原住民豐富多采的文化特色，往往是節慶活動中最受矚目的一環。（王英豪攝）
The rich and distinctive cultures of Taiwan's aborigines often draw the most attention during festivals.
(Photo by Wang Yinghao)

在現代化的台北都會中，傳統而熱鬧的廟會活動依舊盛行。（王能佑攝）
Traditional temple fairs with all their hustle and bustle are still popular in the modern metropolis of Taipei.
(Photo by Wang Nengyu)

Every locality and every community has its own unique celebrations. In Taipei, there are no more popular and fervent celebrations than those associated with temples and their titular deities. In the first month of the lunar calendar every year, the districts of Beitou and Qiliyan come alive with regular processions and parades for the circumambulate festival processions of the goddess Mazu, the festivities reaching their climax on the Goddess' birthday, the twenty-third day of the third lunar month. Other major religious festivals include the birthday celebrations of the Lord of Felicity and Virtue (Fude Zhengshen), of the bodhisattva goddess Guanyin and of the Sakyamuni Buddha, as well as the worship festivals in honor of the Lord of the Underworld. Other, even larger events are gradually taking on the nature of official cultural festivals, such as the Protector's Cultural Days, the Dalongtong Baoan Temple's celebrations in honor of the Great Lord Protector, and the birthday celebrations of the City God at the venerable Xiahai Temple of the City God, which feature the full panoply of traditional festivities with circumambulate processions, puppet theater, musical events and more. Indeed, there is a venue for every community, with the island's oldest inhabitants, the aborigines, and

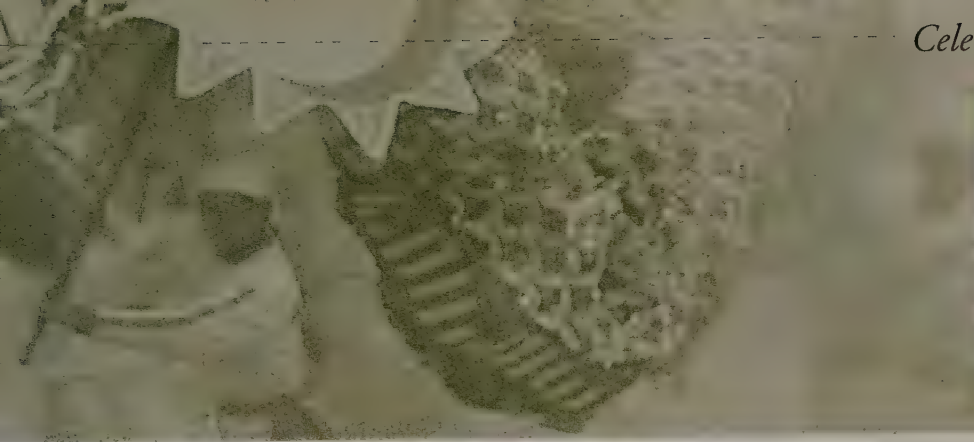
神明遶境遊行是民間迎神賽會的重頭戲，鑼鼓喧天，熱鬧無比。(杭大鵬攝)
Gongs and drums sound the way: the parade of the gods is the highlight of the traditional "welcoming of the gods". (Photo by Hang Dapeng)

most recent arrivals, immigrant laborers from nearby countries, alike bringing their traditional celebrations to enhance the cultural mosaic of the city.

Major traditional festivals that feature official events include the Taipei International Dragon Boat Races in June and the Taipei Lantern Festival that lights up the whole city with a major cultural celebration at the midpoint of the first lunar month. Even such a quintessentially Western festival as Christmas is widely celebrated in Taipei, and ethnic festivals are also still celebrated with vigor, as is evidenced by the 7th Hakka Cultural Festival and the 6th Aboriginal Culture Festival that were celebrated this year.

台北市的外籍勞工也可以用自己的方式慶祝屬於他們的特殊日子。圖為菲律賓的聖十字架節在台北街頭遊行。
(市府外勞諮詢中心提供)
Philippine workers parade the streets of Taipei on Holy Cross Day: foreign workers in Taipei celebrate special days in their own ways.
(Photo courtesy of Foreign Worker's Counseling Center)

The greater significance of all these ceremonies and celebrations is not in the holidays and leisure time they afford, but rather in the opportunities they give people both to strengthen their identity within their own community and through this, to better understand the backgrounds and traditions of other groups around them. Thus are traditions preserved, and the distinctive cultural values of every community shared and celebrated.



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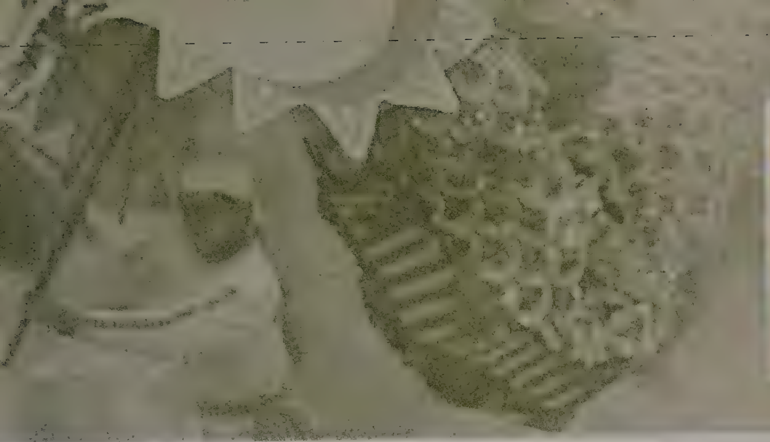
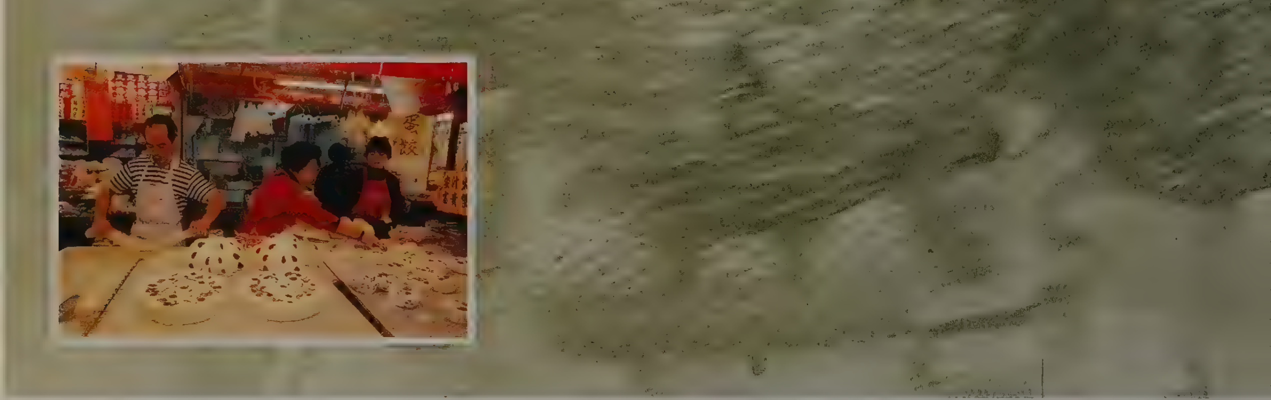
舞龍、舞獅、踢毽、扯鈴等民間遊藝活動，使中華民國的元旦慶典更增添熱鬧氣氛（余榮欽攝）
Dragon dances, lion dances, shuttlecock kicking, and diabolo juggling are traditional entertainments that add to the festival atmosphere of New Year's Day in Taiwan. （Photo by Yu Rongqin）



暹羅貢
百年老店



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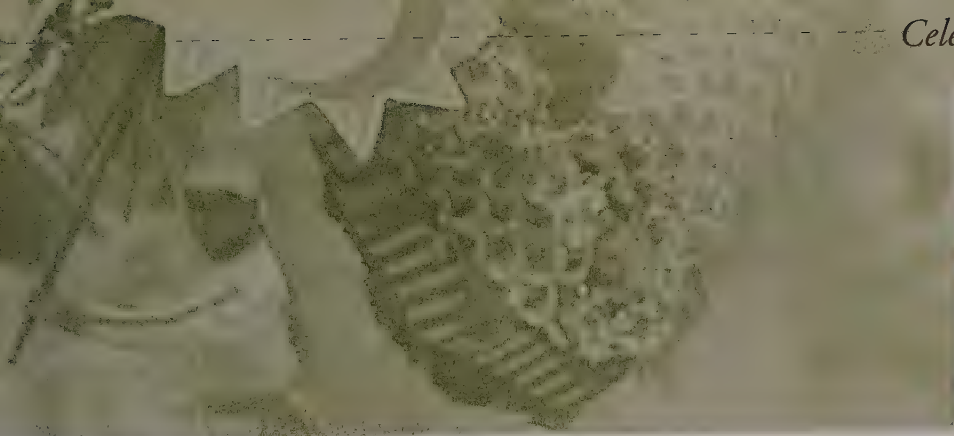
迪化街的百年老店擠滿了買年貨的人潮，家家戶戶忙著準備各式各樣的南北貨用品，空氣中瀰漫著農曆春節的歡欣氣氛 （葉銘源攝）
Century-old stores on Dihua Street packed with New Year shoppers: every household is busy picking out goods for the Chinese New Year, creating a festive atmosphere.（Photo by Yeh Mingyuan）

台北市政府 Taipei City Government

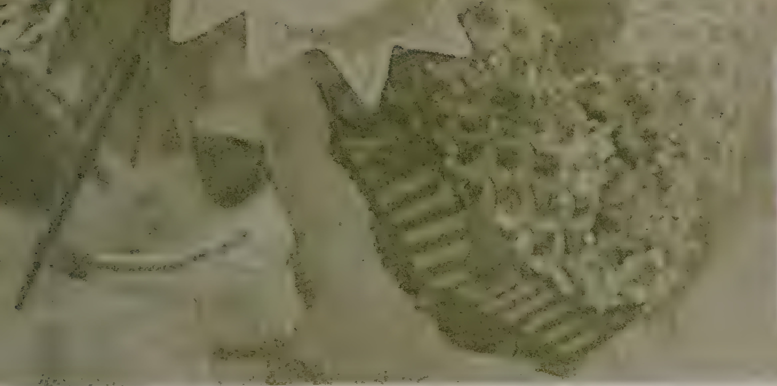
[illegible]
[illegible]構成一幅璀燦亮麗的景觀。（王能佑攝）
Fireworks and lanterns: on the Lantern Festival (the 15th day of the first Chinese lunar month), Chiang Kai-Shek Memorial Hall is flooded with lights from every kind of lantern. （Photo by Wang Nengyu）



12

台北市政府 Taipei City Government

奮力揮動的木槳，飛濺的水花，龍舟競渡是端午節的重頭戲，也是歷史悠久的民間習俗。（林秀明攝）
Oars beating, water splashing: a custom that goes way back in time, dragon boat races are the highlight of the Dragon Boat Festival.
(Photo by Lin Xiuming)



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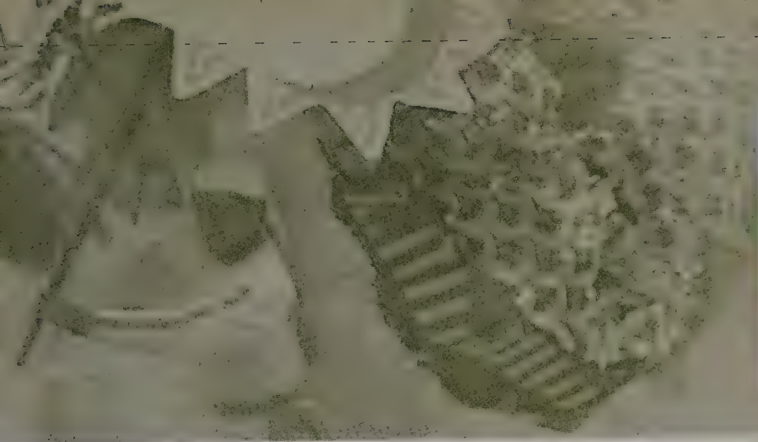
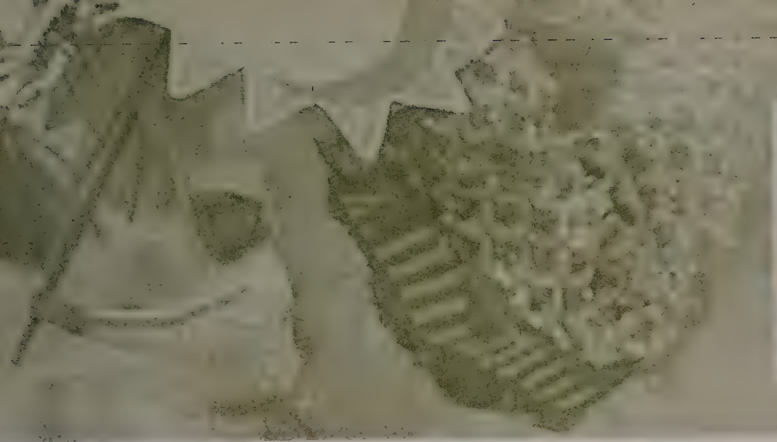
月到中秋分外明。農曆八月十五中秋節是全家團聚賞月的日子，星空中的一輪明月，為忙碌的台北都會增添幾分詩情畫意。（王能佑攝）
The moon on Mid-Autumn Festival is always fuller: the 15th day of the eighth Chinese lunar month is a day for family reunion. A bright moon among the stars adds a poetic sense to the busy metropolis of Taipei.
(Photo by Wang Nengyu)

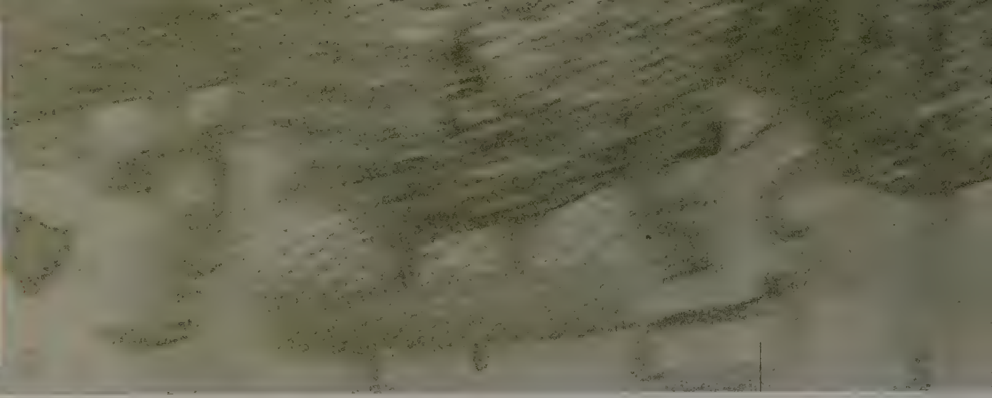


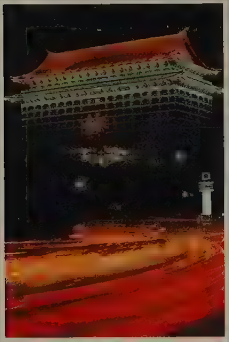
台北市政府 Taipei City Government

9月28日教師節，位於大龍峒的孔廟都會[illegible]的祭孔大典，吸引[illegible]

Every year on Teacher's Day (September 28), the Confucius Temple in Dalontong holds a solemn Confucian Ceremony, attracting visitors from home and abroad. (Photo by Wang Nengyu)







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金碧輝煌的牌樓，綻放出對雙十國慶的禮讚，也將台北市的夜空妝點得分外璀璨耀眼。（余榮欽攝）
A magnificent archway honors the National Day and dazzles the evening skies of Taipei. （Photo by Yu Rongqin）

Taipei City Government

[illegible]

The eight generals' performance is the highlight of local temple fairs. Their colorful ornaments and distinctive steps are fine examples of traditional culture. Photo by Hang Dapeng

台北市政府 Taipei City Government

充滿力與美的歌舞，是多采多姿的原住民節慶活動的高潮，象徵原住民族群的團結與生命活力。（王能佑攝）
A song and dance of strength and beauty: the highlight of colorful aboriginal festivals, a symbol of their unity and vitality.（Photo by Wang Nengyu）

台北市政府 Taipei City Government

由台北市政府舉辦的跨年晚會，每年均吸引數以萬計的民眾齊聚市府廣場，為迎接新的一年而鼓舞狂歡。（高讚賢攝）
Countdown parties by the Taipei City Government draw tens of thousands to the City Plaza every year, seeing the New Year in with stirring celebrations. (Photo by Kao Tsanhsien)

十秒 連結 Connections

（余榮欽攝 Photo by Yu Rongqin）

快速的捷運系統連結起 21 世紀台北市的脈動。圖下為木柵線捷運。圖右為淡水線捷運。（葉銘源 / 王能佑攝）
The Mass Rapid Transit System is fast becoming Taipei's main traffic artery, bringing the city into the 21st Century. Muzha line(Bottom). Danshui line (Right). (Photo by Yeh Mingyuan / Wang Nengyu)

如人體內的動脈血管般，人們通過它們，每日分秒不停的在城的各處移動。從甲地到乙地，在台北城得以倚賴的工具越來越多，因人們各自的需求而變換著。連結著河岸兩地的橋、連結各個區域的捷運、公車、火車，在當下的這一秒，你很容易計算出自己的日常生活，要通過哪座橋？換哪班車？到哪裡搭什麼樣的交通工具？

接近古亭捷運站口，身後傳來路人的對話，其中一個解釋著由古亭站往頂溪站時，地底隧道如何穿過新店溪進入永和——其上方，則是民國六〇年代以前，舊名川端橋的中正橋，每日吐納鉅量的人口，進出台北縣市交界。

因為三大河系蟠踞於台北盆地，並匯流淡水河入海，因此如中正橋一樣，身負連結兩地重任的橋相當多。中、永和至板橋方向，與北市文山區、中正區至萬華間，沿著新店溪入淡水河方向便有秀朗大橋、福和橋、永福橋、中正橋、華中橋、光復大橋，以及華江大橋；三重與台北市西門町、中正區、士林一直到入海口方向，有中興大橋、忠孝大橋、台北大橋、重陽大橋，以及關渡大橋；在台北市內，連結松山與內湖、南港二區之間也有民權大橋、麥帥一、二橋等。

中興大橋是聯繫台北市西門鬧區與台北縣新莊間的要道。（余榮欽攝）
Zhong Xing Bridge connects the Ximen entertainment district in downtown Taipei with Taipei County's Xinzhuang City.
（Photo by Yu Rongqin）

在這些橋樑還未建造之前，河兩地來往的人們，想必得透過渡船吧！現今交通尖峰時間屢被塞在橋上動彈不得的人們，也許可以自行調侃一番，此番渡河還是得回到一小時以上的舊日時光。

塞車嗎？現在往返台北縣市，人們還有另一個聰明的選擇。捷運木柵線於民國八十五年通車，之後淡水線、新店、中和、南港、板橋線也陸續營運，正式擔負起連結台北縣市的重大任務。捷運不僅讓城市間往來的時間縮短，也開始改變周邊環境的面貌。更重要的是，因為捷運空間遠比一般交通工具來得寬敞，定點來回所需的時間也可以估算，因此，人們較有機會在車廂內閱讀或自在輕鬆的交談，都會男女甚至對於捷運偶遇的羅曼史產生期待，人與人之間的關係，都比過往更形密切。

連結台北市西區與台北縣三重市的二座大橋：台北大橋（右）、忠孝大橋（下）。（余榮欽攝）
Two main bridges that connect the western part of Taipei to Sanchong City — Taipei Bridge (right) and Zhong Xiao Bridge (bottom).（Photo by Yu Rongqin）

10 Seconds

Connections

[illegible]
[illegible] Bridge carries the main traffic between [illegible]
(Photo by Yu Rongqin)

福和橋在台北市與台北縣中、永和間的交通運輸上佔有相當重要的地位。(余榮欽攝)
Fu He Bridge plays a vital role in providing access between Taipei and its satellite cities Zhonghe and Yonghe in Taipei County. (Photo by Yu Rongqin)

中正橋是連結台北市與台北縣中、永和的另一座重要橋樑。(余榮欽攝)
Zhong Zheng Bridge is another important bridge that connects Taipei with Zhonghe and Yonghe in Taipei County. (Photo by Yu Rongqin)

快速便捷的捷運系統大大縮短了台北城市間往來的時間。(王能佑攝)
The city's fast and convenient MRT system drastically shortens commute time in and out of Taipei. (Photo by Wang Nengyu)

Every second of every day people move along them, traveling from place to place in the city like blood cells along arteries. Tools we rely on, and increasing in complexity by the day, they change in step with the varying needs of each citizen. Bridges that link the banks of every river, the MRT that links district to district, the buses and the trains that at this very moment allow you to plan your daily activities at will. Which bridge should I cross? Where do I change buses? What do I take to get there?

Due to the three major rivers that snake through the Taipei Basin to become the Danshui

永福橋也是連接台北市與台北縣中、永和的主要橋樑之一，橋邊另一座紅色的圓拱型建築是遠東口徑最大的水管橋。（余榮欽攝）
Yong Fu Bridge is also one of the main bridges connecting Taipei to Zhonghe and Yonghe in Taipei County. The red arch-shaped construction adjacent to the bridge is the largest aqueduct bridge in the Far East. (Photo by Yu Rongqin)

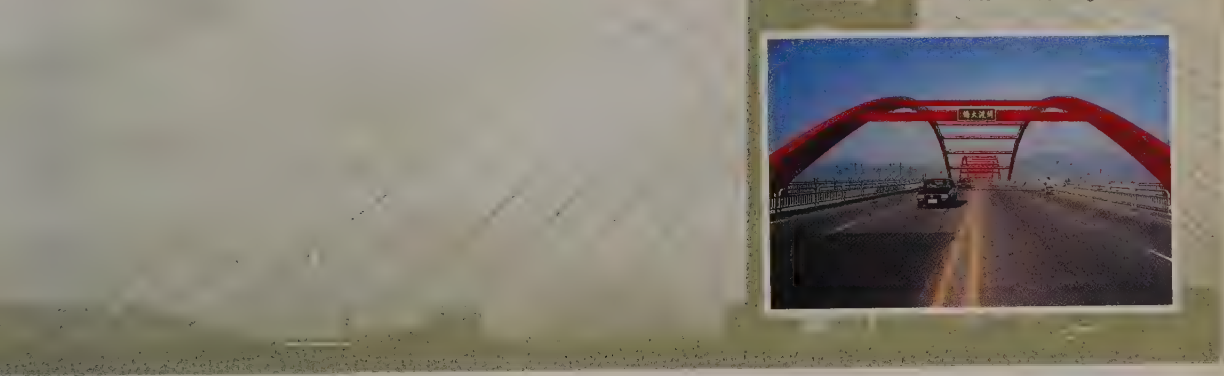
River that flows out to the sea, bridges like the Zhongzheng are uncommonly important, and there is an inordinate number of them in our city. Following the Xindian River until it enters the Danshui and then keeping on through the city, we find Yonghe and Zhonghe connected to Banqiao and to Taipei's Wenshan, Zhongzheng and Wanhua districts by no fewer than seven bridges-the Xiulang, the Fuhe, the Yongfu, the Zhongzheng, the Huazhong, the Guangfu and the Huajiang. From Sanchong into Taipei's Ximending and Zhongzheng districts, and from Shilin all the way up to the sea, another five bridges span the river-the Zhongxing, the Zhongxiao, the Taipei, the Chongyang and the Guandu. Within the city itself, meanwhile, three other bridges connect Songshan to Neihu and Nangang: the Minquan, First and Second MacArther Bridges.

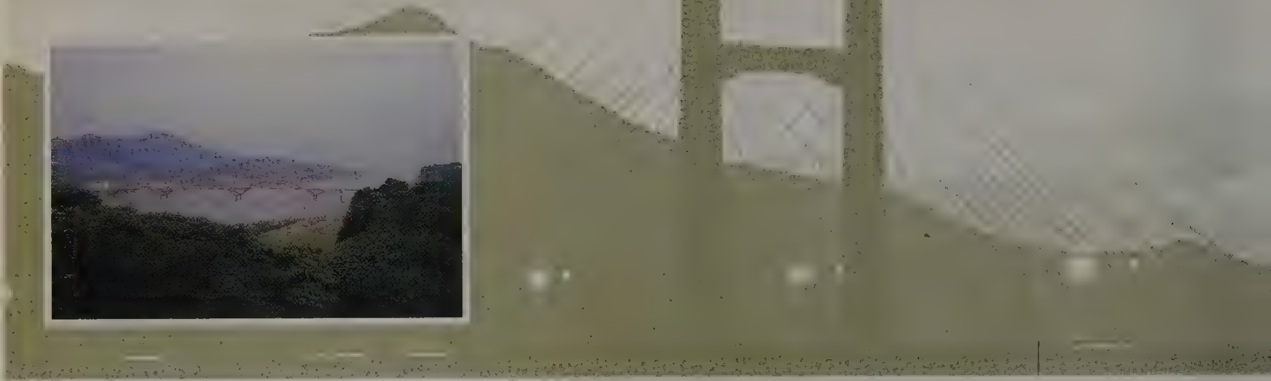
Worried about traffic jams? Commuting between Taipei County and the city has never been easier than since the introduction of the MRT with the opening of the Muzha Line in 1996. Following in quick succession came the Xindian Line, the Zhonghe Line, the Nangang Line and the Banqiao Line to knit vital connections between the city and its suburbs. And the MRT is not just cutting down travel time around the city, it's also having a direct effect on the look of areas adjoining its stations. Even more important, though, is that given the wide, comfortable carriages and possibility of calculating travel time virtually to the minute, commuters can enjoy reading or just a pleasant conversation during their rides. And as the barriers between people fall ever lower, perhaps it is no surprise that urban singles are finding the MRT a fertile venue for chance encounters that just might lead to romance.

華江橋是溝通台北市萬華區與台北縣板橋間的交通動脈，橋下是華江雁鴨自然公園保護區。（余榮欽攝）
Hua Jiang Bridge is a traffic artery that connects Taipei's Wanhua District with Taipei County's Banqiao City. Situated beneath the bridge is Huajiang Waterfowl Park and Preserve.
(Photo by Yu Rongqin)

改建完成後的麥帥一橋依舊擔負起台北市區通往內湖的要道，耀眼的夜間照明在夜空中有如點點繁星，美麗無比。（余榮欽攝）
First MacArther Bridge, which connects downtown Taipei to Neihu, dazzles the night sky with all its splendor.
(Photo by Yu Rongqin)

台北市聯外橋樑簡圖 Simplified map of bridges connecting Taipei with neighboring cities.





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橫跨淡水河的關渡大橋，造形優美，宛如長虹。（余榮欽攝）
Guandu Bridge, crossing over Danshui River, has a graceful structure that looks like a rainbow. (Photo by Yu Rongqin)

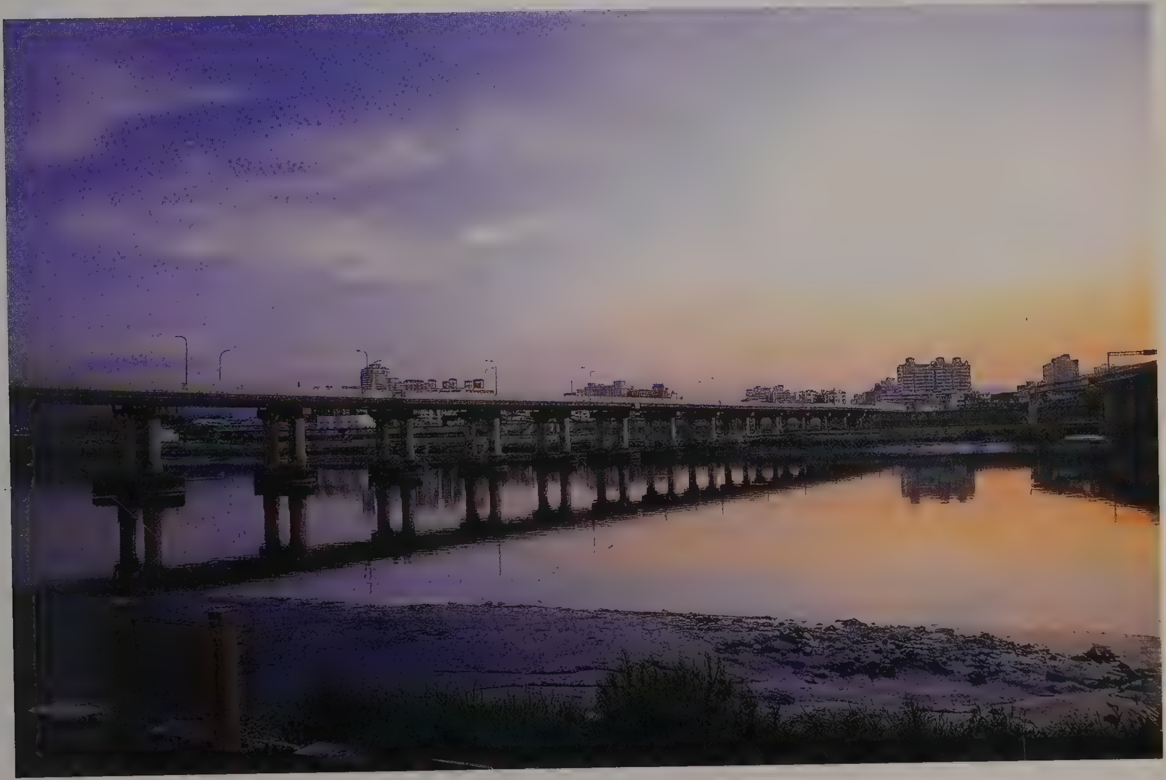
台北市政府 Taipei City Government

宏偉壯觀的重陽大橋以吊索牽引橋身，造形新穎，為台灣首創。（余榮欽攝）
Chong Yang Bridge, with its stately stature and innovative design, is Taiwan's first cable-suspended bridge. (Photo by Yu Rongqin)

台北市政府 Taipei City Government

沐浴在夕陽餘暉中的萬板大橋，是台北市連結台北縣板橋的重要孔道之一。

Bathed in the light of sunset, Wan Ban Bridge is an important link between Taipei and Taipei County's Banqiao City.（Photo by Yu Rongqin）



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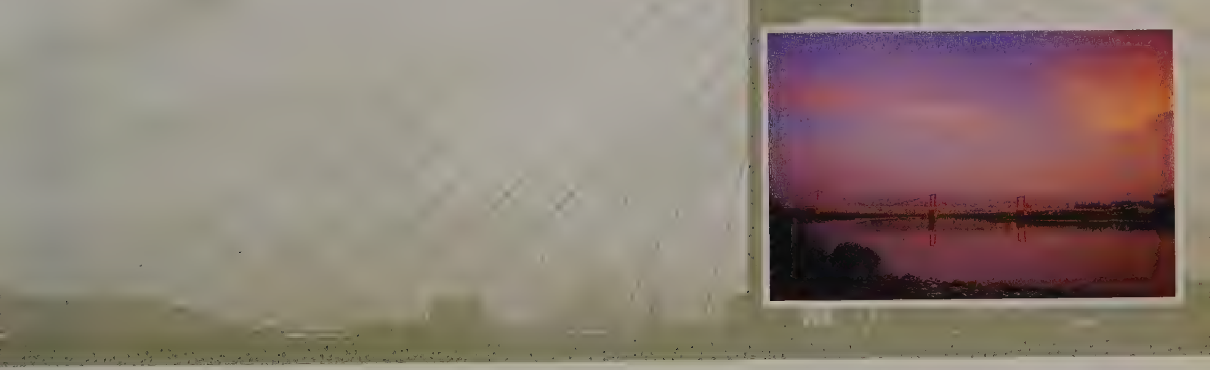
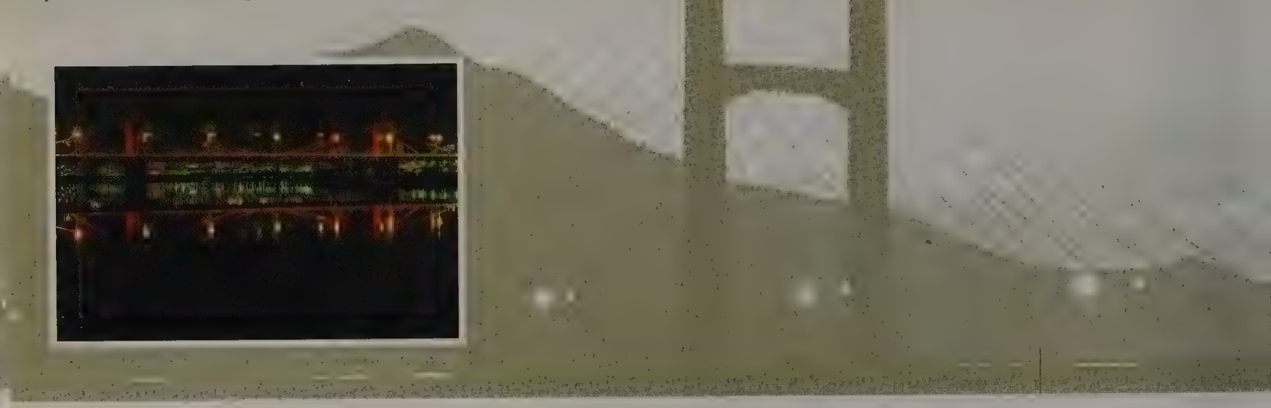
華翠大橋是連結萬華與板橋江子翠地區的橋樑，可紓解兩地之間的龐大車流。（余榮欽攝）
Hua Cui Bridge connects Taipei's Wanhua quarters with the Jiangzicui District of Banqiao City, helping to ease the immense amount of traffic between these two areas. (Photo by Yu Rongqin)





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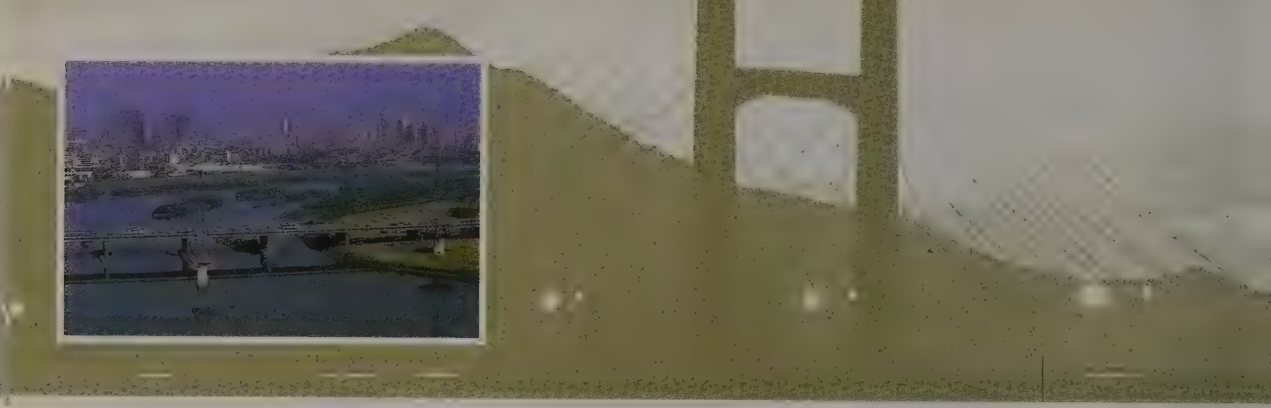
光復橋為聯繫台北市龍山、雙園一帶與台北縣板橋地區的交通要道，外觀兼具吊橋及拱橋的柔和線條與雄偉儀態，形式極為優美。（余榮欽攝）
Guang Fu Bridge is an critical thoroughfare connecting the Longshan and Shuangyuan Districts of Taipei to Banqiao City in Taipei County. Combining the smooth contour of a suspension bridge with the grandiose presence of an arch bridge, its design is extremely sophisticated.
(Photo by Yu Rongqin)



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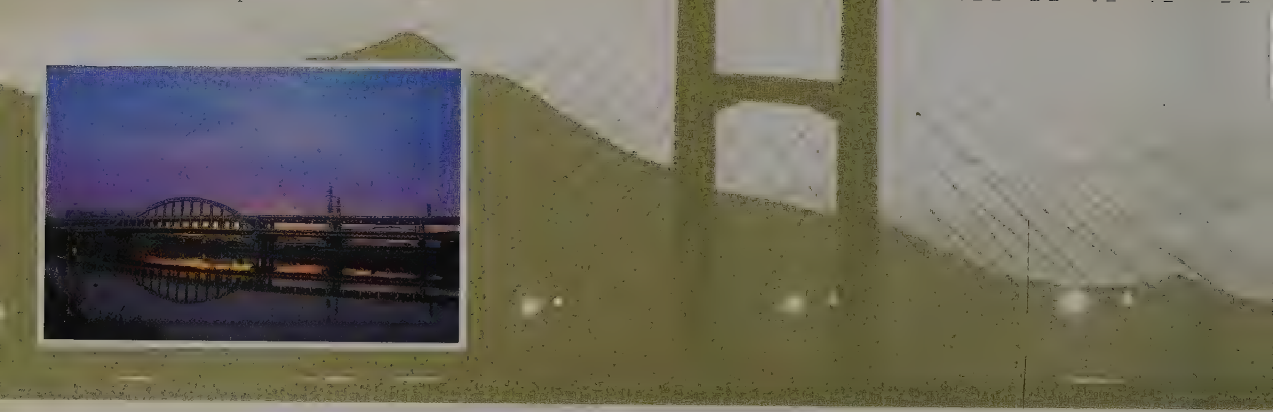
位於萬大路底的華中橋是聯絡台北市萬華與台北縣中和的主要橋樑，橋下的河濱公園是民眾休憩的絕佳場地。（許允斌攝）
Situated at the end of Wanda Road, Hua Zhong Bridge is the main bridge connecting Taipei's Wanhua District and Zhonghe City in Taipei County. Beneath the bridge is a place perfect for exercising and strolling.
(Photo by Hsu Yunbin)

台北市政府 Taipei City Government

[illegible]

Da Zhi Bridge joins the Dazhi and Neihu Districts of Taipei, and is the first cable-stayed bridge ever to be built in Taiwan. Its night lighting and unusual design lend an aura of romance to evenings on the Keelung River.
(Photo by Twu Hueykang, United Evening News)



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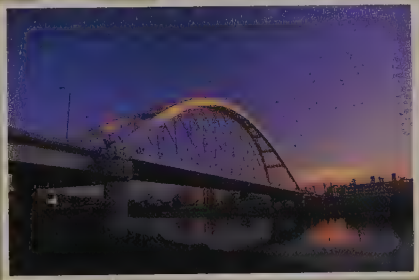
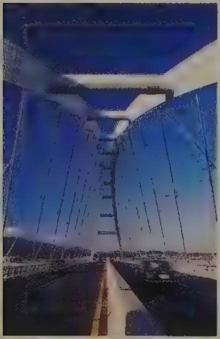
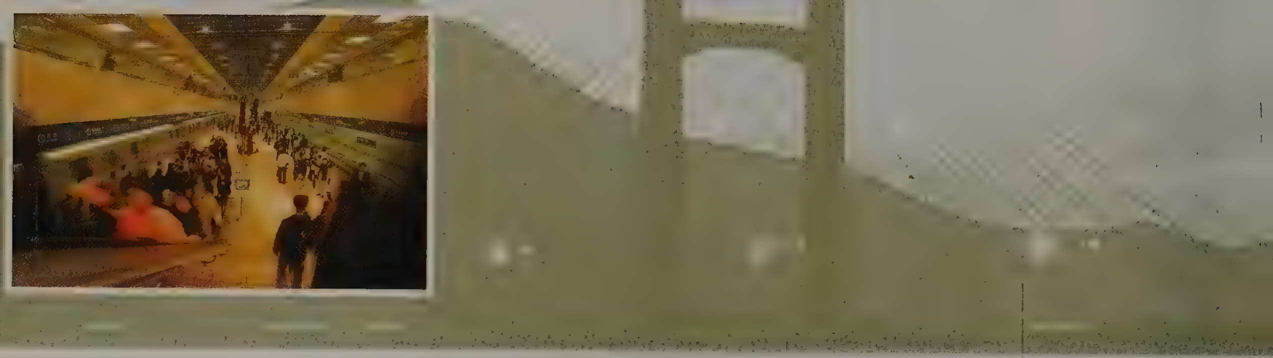
台北市區通往內湖的麥帥一橋，在夜色中光彩奪目、閃閃動人。(王英豪攝)
First MacArther Bridge, which connects downtown Taipei to Neihu, dazzles the night sky with all its splendor. (Photo by Wang Yinghao)





台北市政府 Taipei City Government

橫跨基隆河的麥帥二橋，是連結台北市區與松山、內湖的重要通道。（余榮欽攝）
Second MacArther Bridge stretches over Keelung River and serves as an important pathway between Taipei's Songshan and Neihu Districts.（Photo by Yu Rongqin）



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The elevated MRT Muzha Line not only offers Taipei a speedy and convenient means of transportation, but also adds a distinct element to the city's landscape. （Photo by Yeh Mingyuan）

台北市政府 Taipei City Government

十秒 對峙

Confrontation

Photo by Wang Nengyi

名列一級古績的北門是台北市目前唯一仍保持原貌的古城門。（王能佑攝）
A first-grade historic relic, the North Gate is the only gate still preserved in its original form.（Photo by Wang Nengyu）

遠望孤單佇立的北門，方形兩扇開口夾著一個圓窗，底下入口一個「啊」張開的嘴型，前面背後上方是呼嘯來去的車輛，那樣態總令人覺得它隨時在為自己的命運揑把冷汗，「險象環生」一詞頗適於北門的處境。

清代台北城有五座城門，分別為東、西、南、北，以及小南門。定為一級古蹟，建於清光緒五年的北城門，又名承恩門。日據時期開始拆除城門及城牆，西門首當其衝，北門則城牆拆除，僅留城門。光復後，都市一度更新改建，北門幾次「擦身而過」，免於被拆的命運。

都市更新，意味著一連串新舊抗爭的歷史連結，每一座古蹟的背後，都有著如北門一樣的曲折歷程。但是，保存下來的古蹟，在急於更新的城市裡，並不見得受到人們的熱烈歡迎，向來位置尷尬。在新建高樓夾擊侷促的古蹟，有時往往令後代莫名其妙，不知為何在高樓下矮矮蹲著那幢模樣卑微至極的古老建物，現今遺留的東和禪寺鐘樓對照著嶄新的青少年育樂中心，就是極佳的「範本」。然而，在都市更新計畫的多方利益交錯考量下，保留「值得」的局部，或者僅留「皮面」，經常是不得不的結果。

市定古蹟台大醫院舊館是台灣近代醫學核心的代表。（謝三泰攝）
The old National Taiwan University Hospital building, now a municipal level heritage site, represents the beginnings of modern medicine in Taiwan.
（Photo by Xie Santai）

西門町紅樓是日據時期全台興建的市場中唯一留存者，目前已經重新活化利用為多元的藝文展演場所。（王能佑攝）
Ximending's Red Theater is the only public market built during Japanese occupation to have survived to the present day. It has undergone recent renovation, and is now a multi-purpose venue for art exhibitions and performances.
（Photo by Wang Nengyu）

在台灣，古蹟保存的意識大約起源於民國六〇年代的鄉土運動，民國七十一年公布的「文化資產保護法」，古蹟保存屬於其中項目。然而，誰有權力認定？誰的標準？保存的是什麼樣的、誰的文化資產？這些問題也一再被提出，重新檢視古蹟認定的標準。

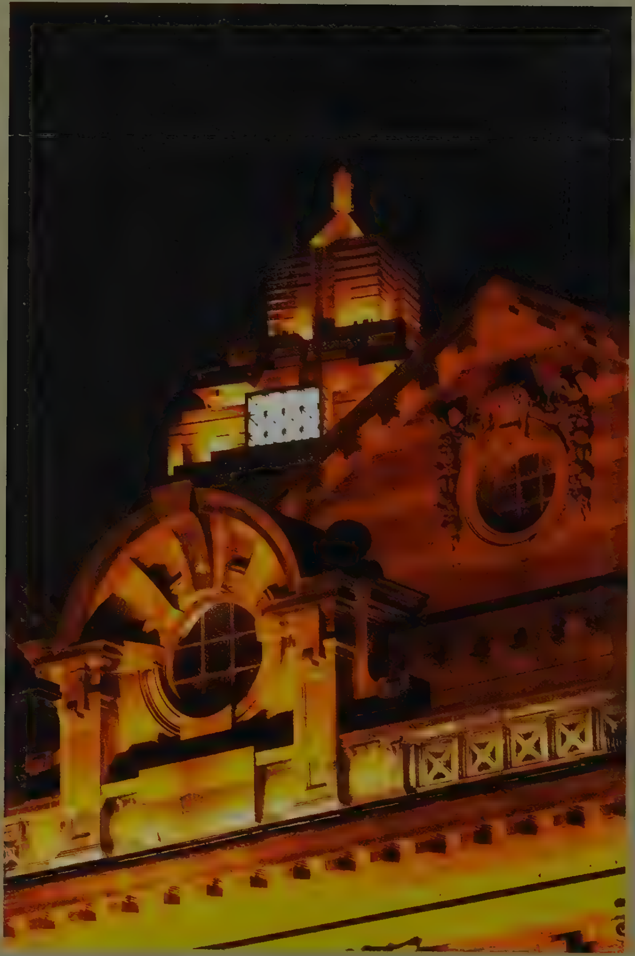
模糊的邊界，使得官方、學者、業主，任何人都能加入文化資產保護戰，舉辦研討會、公聽會等等座談會。除了官方主動邀集學者專家認定之外，民間對於古蹟保存具有意識的人士，也經常出現為建物請命的情況。如西門町紅樓、蔡瑞月舞蹈社（民國八十八年被大火焚毀）、新生南路的紫藤廬，就是由藝文界爭取奔走而來；台大醫院舊館在校友及多位醫生支持下被提報為市定古蹟，重新整修開放。然而，主張保存歷史建物的學者、社區營造者為古蹟請命，居民卻不見得領情。在迪化街古蹟保存案中，因牽涉到整個商圈運作及建築物老舊更新問題，便引發了各式各樣的聲音，居民本身亦議論不一，抗爭不斷。

台北市的古蹟數量並不少，民國九十一年五月，台灣基督教長老教會大稻埕教會通過認定之後，台北市的古蹟達一百處。消極面來說，這些散落於各區的史蹟，像是「連連看」遊戲中的點，讓後代得以藉由這些點描繪出此城古老的原貌。然而文化局成立之後，舉辦座談會、邀請藝術家駐市，與專家學者共同激發思考，積極尋找城市在新舊轉換之間更多的可能性。能夠認定為古蹟的，該如何注入活力？不足以認定為古蹟的古老建物，如：一個廢棄無用的碉堡、一幢老式的舊建築、一整個「違建」的眷村聚落……如何能夠讓它們存在，又與環境高度切合？任憑它們消失，還是保存它們，思考改造？在「新／舊」的是非題中間，有沒有別的選擇？是否能夠消弭長久以來新舊對峙的尷尬局面？

這也許不僅是政府的難題，也是每座城市居民應該要去思索面對的問題。

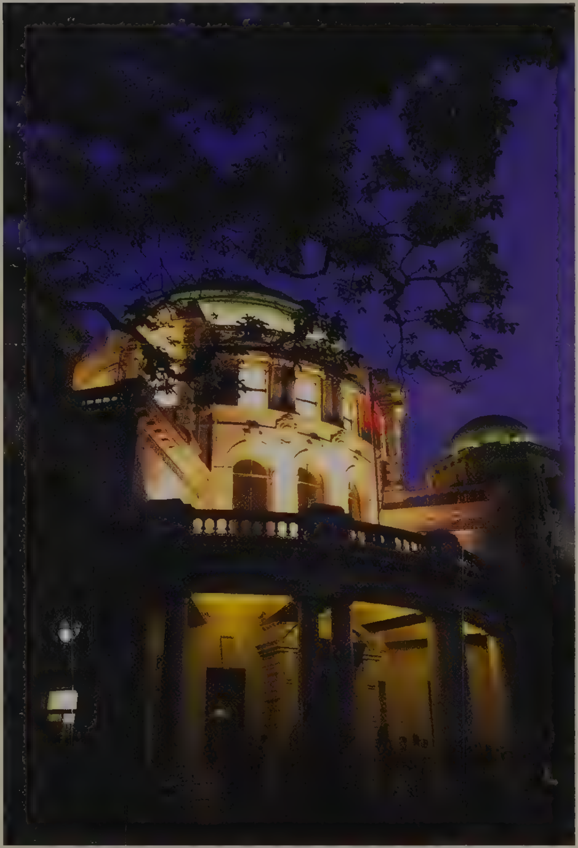
10 Seconds

Confrontation 對峙



在柔和的燈光襯托下，高聳的新光大樓和台大醫院舊館典雅的建築和諧的對峙著。（林秀明攝）
In dim lighting, the towering Shin Kong building stands opposite the elegant old NTU Hospital, contrasting in style yet standing in perfect harmony.
(Photo by Lin Xiuming)

迪化街的老舊建築一直處在保存與否的爭議中，突顯了現代與傳統之間的矛盾情結。（葉銘源攝）
Historical buildings along Dihua Street have always been at the heart of the debate between conservationists and developers, highlighting the constant struggle between preservation and modernization.
（Photo by Yeh Mingyuan）



在巧妙的燈光妝點下，已有九十年屋齡的監察院風華再現，古色古香。（許村旭攝）
Ingenious lighting gives the ninety-year-old Control Yuan building a magical facelift, making the historic building glow with vintage grace.（Photo by Hsu Tsuahsu）

In the late Qing Dynasty, the administrative district in the old section of Taipei counted five gates, the North, the South, the East, the West, and the Lesser South. Now designated a first-grade historical monument, the North Gate was built during the 5th year of the reign of the Guangxu Emperor (1884) and named the Gate of Bestowed Grace. The city walls and their gates were dismantled, however, during the Japanese occupation (1895-1945), and the operation that began with the West Gate continued until only the North Gate remained, all adjoining walls also having disappeared. The flurry of development that ensued after the return of Taiwan to Chinese rule in 1945 often threatened this last vestige of the North Gate, but it survived and still stands today.

Consciousness as to the importance of preserving historical monuments began to rise in Taiwan during the Homeland movement of the 1970's, and this aspect of respecting our cultural heritage was enshrined in law with the Cultural Assets Law of 1982. As questions arose, however, as to who would decide what was or was not such an asset, in accordance with whose standards, what was to be preserved, and whose culture the asset was identified with, it became clear that a revision of the code of standards was needed.

In point of fact, the number of historical monuments in Taipei is considerable. When the

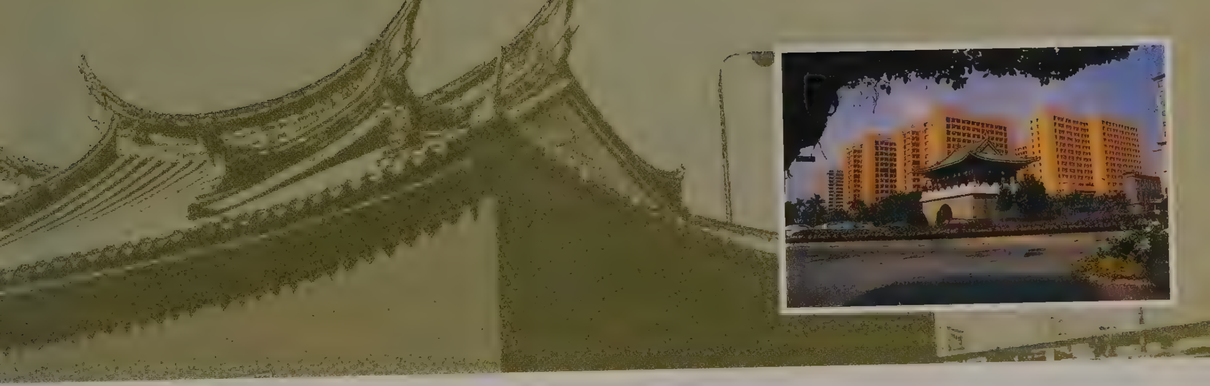
台北市區碩果僅存的後花園一松山菸廠內的荷花池。（王能佑攝）
Lotus pond located in Songshan Tobacco Factory — the only remaining back garden in downtown Taipei.（Photo by Wang Nengyu）

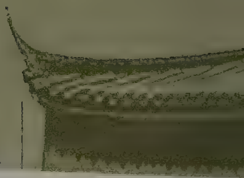
Dadaocheng Presbyterian Church was listed in May 2002 it raised the number to one hundred. Now, on a purely objective level, it can be said that these various monuments, scattered here and there across the city, are like points on a game board that later generations will be able to connect together to gain a general overview of what people lived like "back then."

日據時期的北投溫泉浴場經過一番整修後，已成為見證台灣溫泉文化的博物館。（王能佑攝）
Beitou hot spring bath, built during Japanese occupation, is now fully renovated and serving as a museum that bears witness to Taiwan's hot spring culture.（Photo by Wang Nengyu）

The initiatives of the Department of Cultural Affairs of Taipei, in contrast, have opened up many new possibilities for a city in transition, as seminars have united artists, scholars and experts of all stripes in a ferment of inspiration. We can designate monuments, then, but the question is how do we bring them alive? Buildings that are not fully recognized as historical monuments-a ruined blockhouse, a building in the traditional style, even an entire village built, illegally, to house civil-service families from the Mainland; how do we maintain their existence, and ensure affinity with their surroundings? Should we just let them disappear, or keep them, or rebuild them? What are the choices we have when the new confronts the old? And will we ever be able to resolve the eternal predicament of past versus present, then versus now, old versus new?

In short, this may not just be a question for governments to resolve, but one that invites reflection by all the citizens of every city where the old still lives with the new.

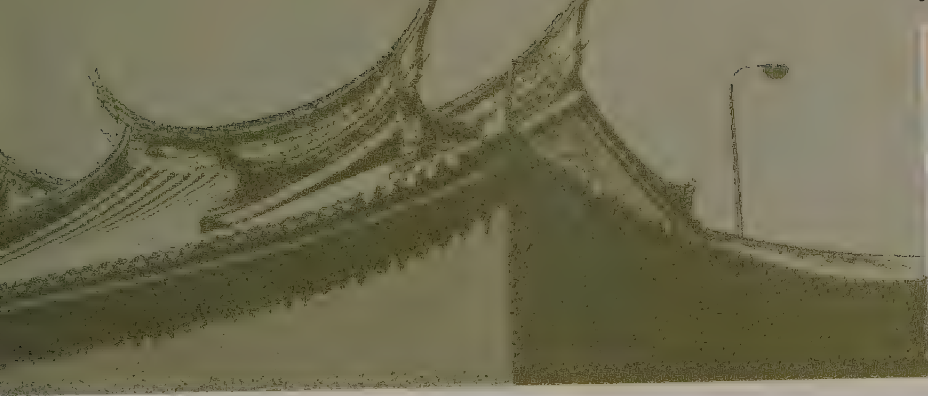


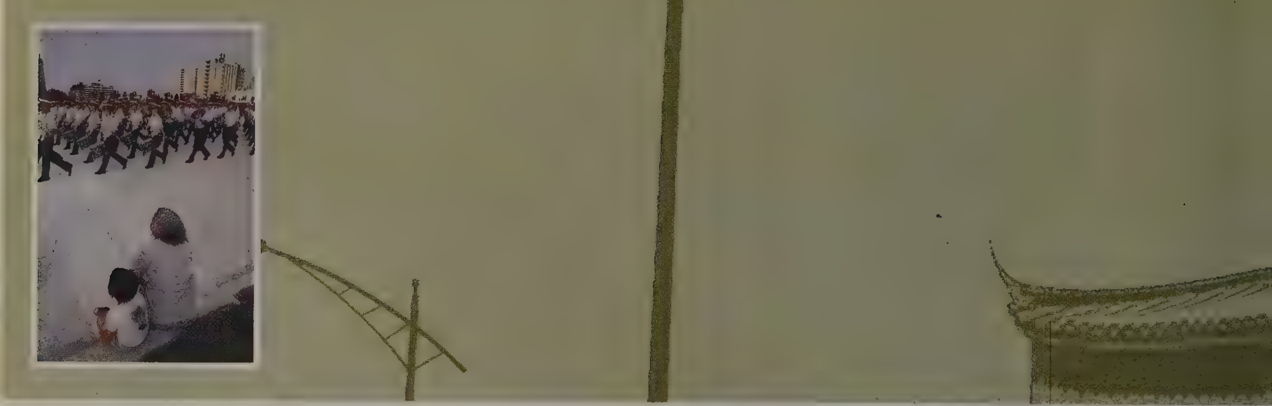


台北市政府 Taipei City Government

中國古典式建築的國家音樂廳與遠方現代摩登的新光大樓，古今對峙著。（王能佑攝）

Past versus present: the Chinese-style National Concert Hall and the modern Shin Kong Building in the distance. (Photo by Wang Nengyu)





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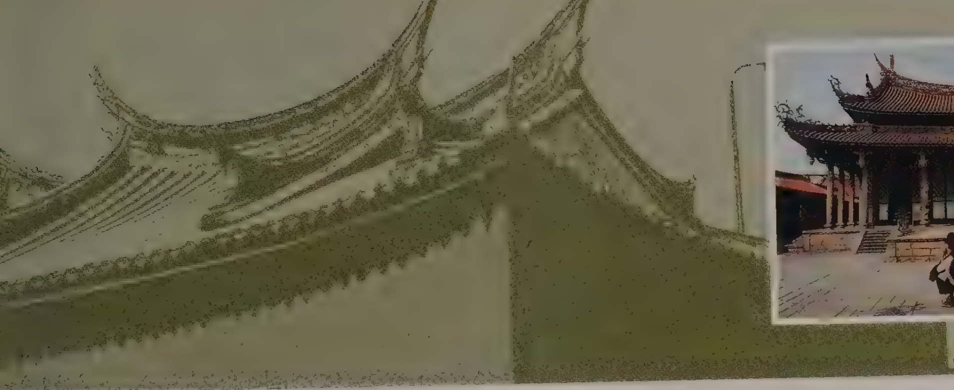
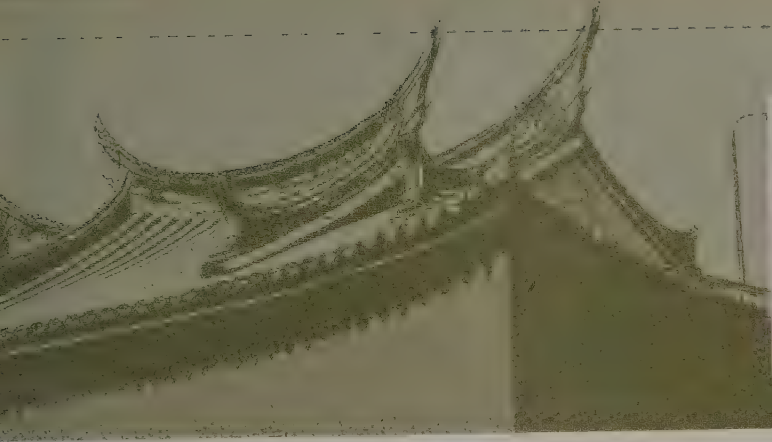
在歷史時空的淘洗下，莊嚴巍峨的中正紀念堂前廣場已成為現代青年學子展現各項藝能才華的場所。（余榮欽攝）
With the passage of time, the sublime and majestic Chiang Kai-shek Memorial Hall Plaza has been transformed into a venue for the younger generation to showcase their aptitude for the performing arts. (Photo by Yu Rongqin)

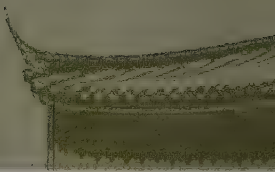


台北市政府 Taipei City Government

莊嚴的歷史建築與空間，在充滿年輕生命力的激盪下，似乎也鮮活躍動起來。（葉銘源攝）
Reinvigorated by the city's boundless energy and spirit of youth, many vintage buildings and historical spaces seem also to come alive.
(Photo by Yeh Mingyuan)

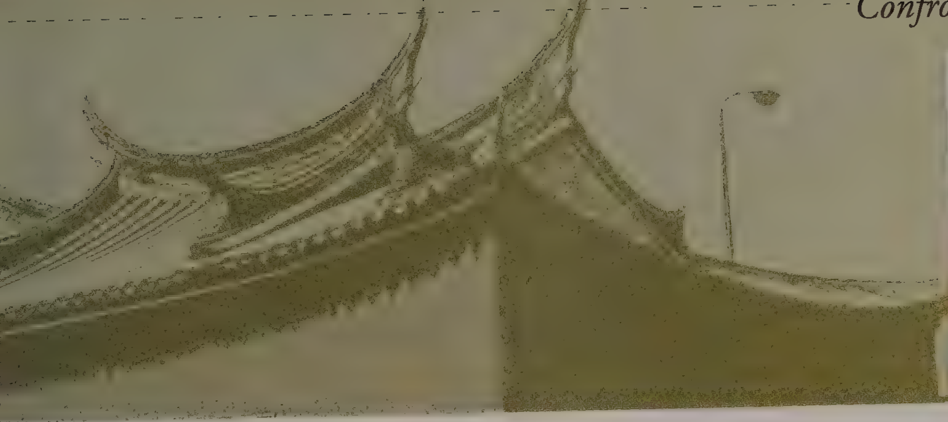


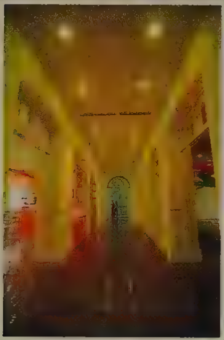
利生堂蔘藥行
豐成藥行
六安堂
有限公司

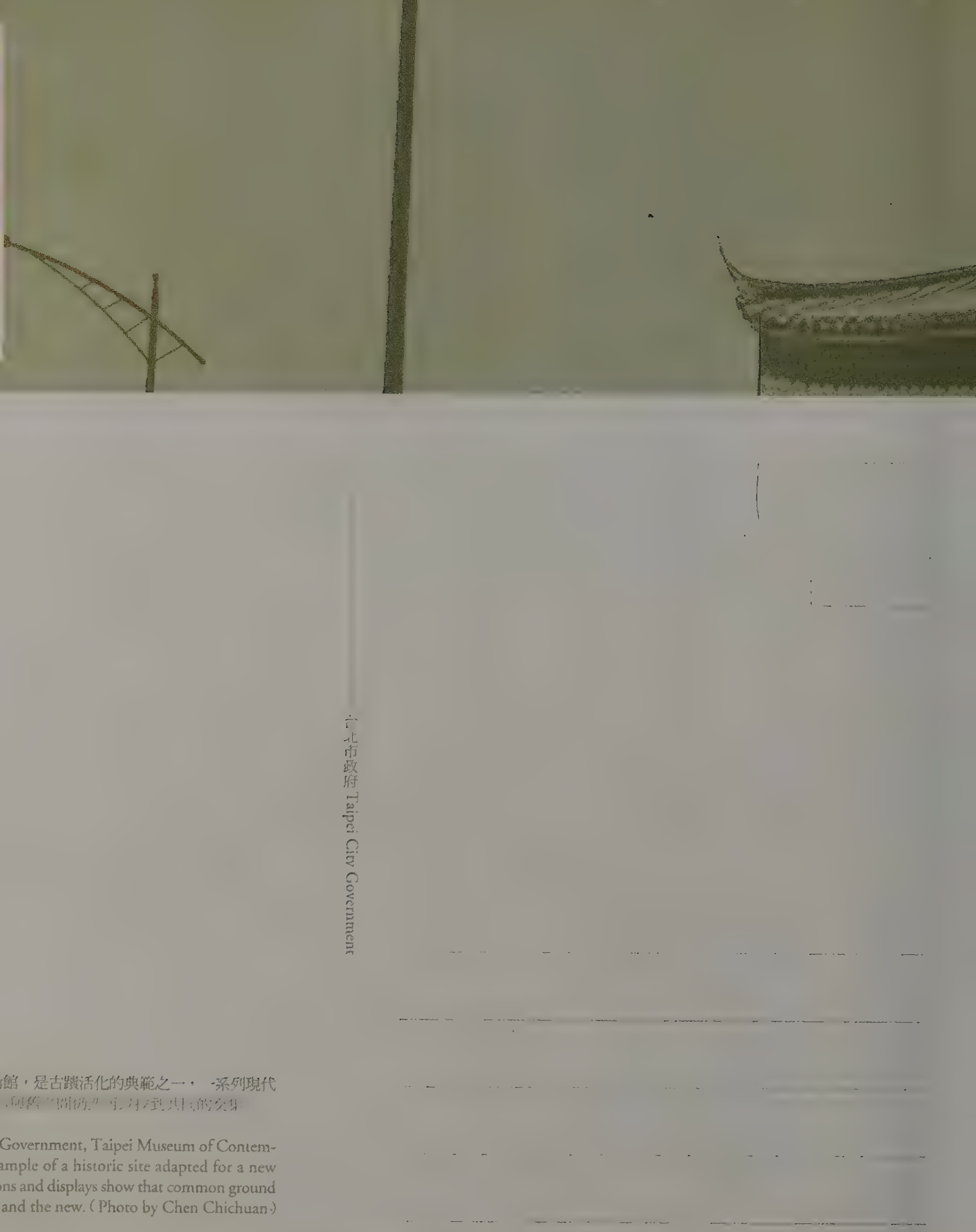


台北市政府 Taipei City Government

南北貨集散地的迪化街，中藥材行也到處林立 （葉銘源攝）
Dihua Street, lined with herbal apothecaries and purveyors of traditional goods. （Photo by Yeh Mingyuan）

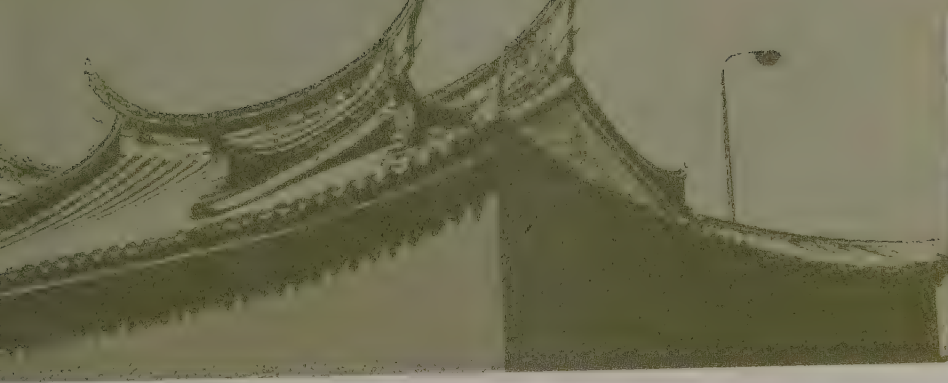


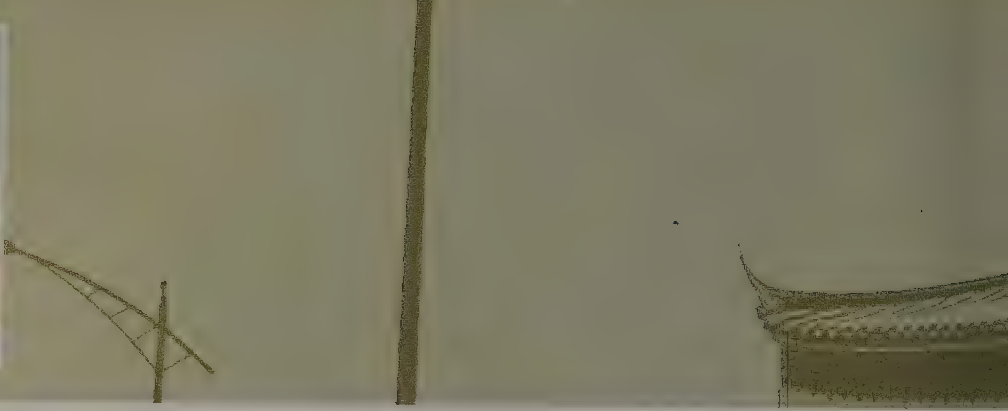




由台北市政府舊廈改建的當代藝術館，是古蹟活化的典範之一，一系列現代
[illegible]
（陳麒全攝）

Formerly housing the Taipei City Government, Taipei Museum of Contemporary Art building is a stellar example of a historic site adapted for a new purpose. The modern art installations and displays show that common ground can still be found between the old and the new. (Photo by Chen Chichuan)





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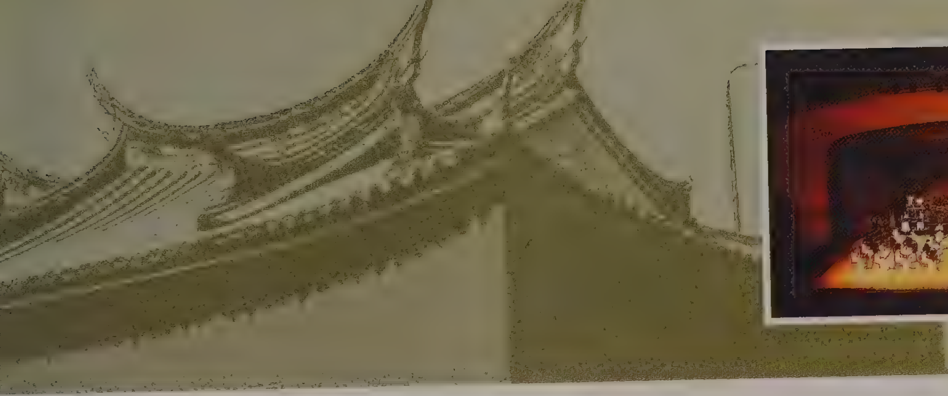
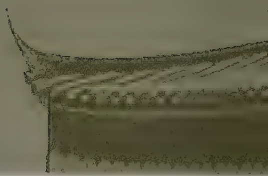
巴洛克式建築的自來水博物館不僅是台北市自來水事業發展的歷史見證，也是現代佳偶拍攝婚紗照的首選景點。（謝三泰攝）
With its baroque style architecture, Taipei Museum of Drinking Water is not only a witness to the history and development of the city's water utilities, but also the choice spot for newly-wed to take bridal photos.
(Photo by Xie Santai)



中山堂



台北市政府 Taipei City Government

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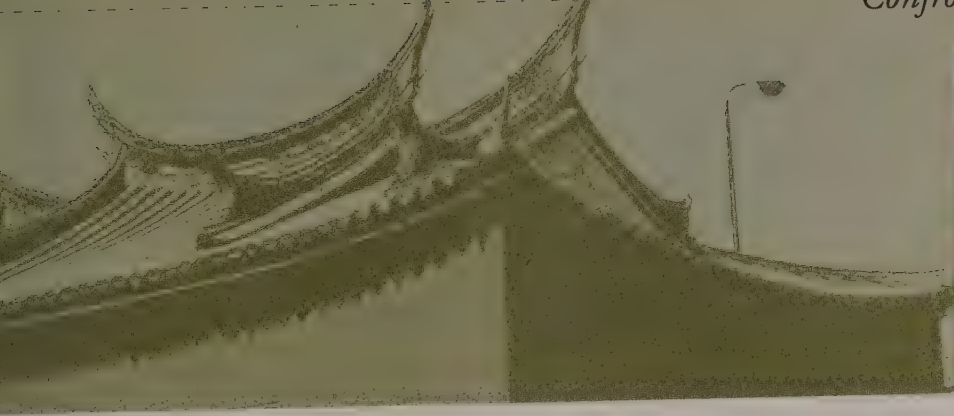
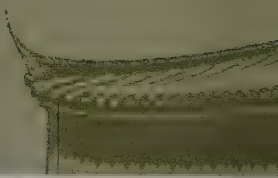
Zhongshan Hall, formerly known as Taipei City Hall, was a major venue for the city's cultural activities under Japanese occupation. After restoration, it reopened its doors to the public and once again became a gathering place for art-loving citizens. (Photo by Wang Nengyu)



台北市政府 Taipei City Government

歷盡滄桑的紅樓搖身一變，成為結合表演藝術、文化展演和休閒餐飲的多元
[illegible]
Red Theater stood the rest of time and transformed itself into a multi-purpose complex for art performances, cultural events, and gourmet food
(Photo by Wang Nengyu)



台北市政府 Taipei City Government

[illegible]
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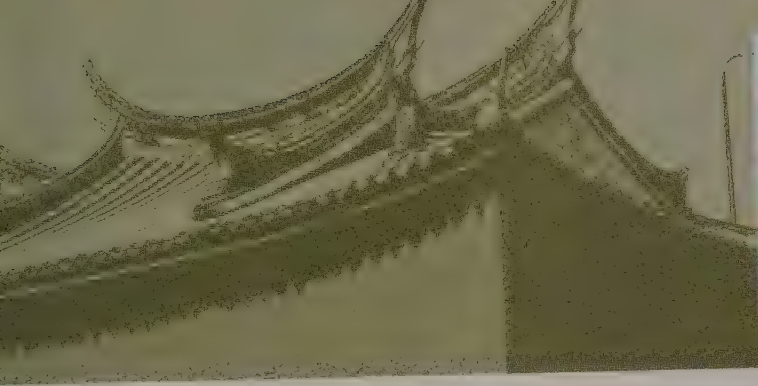
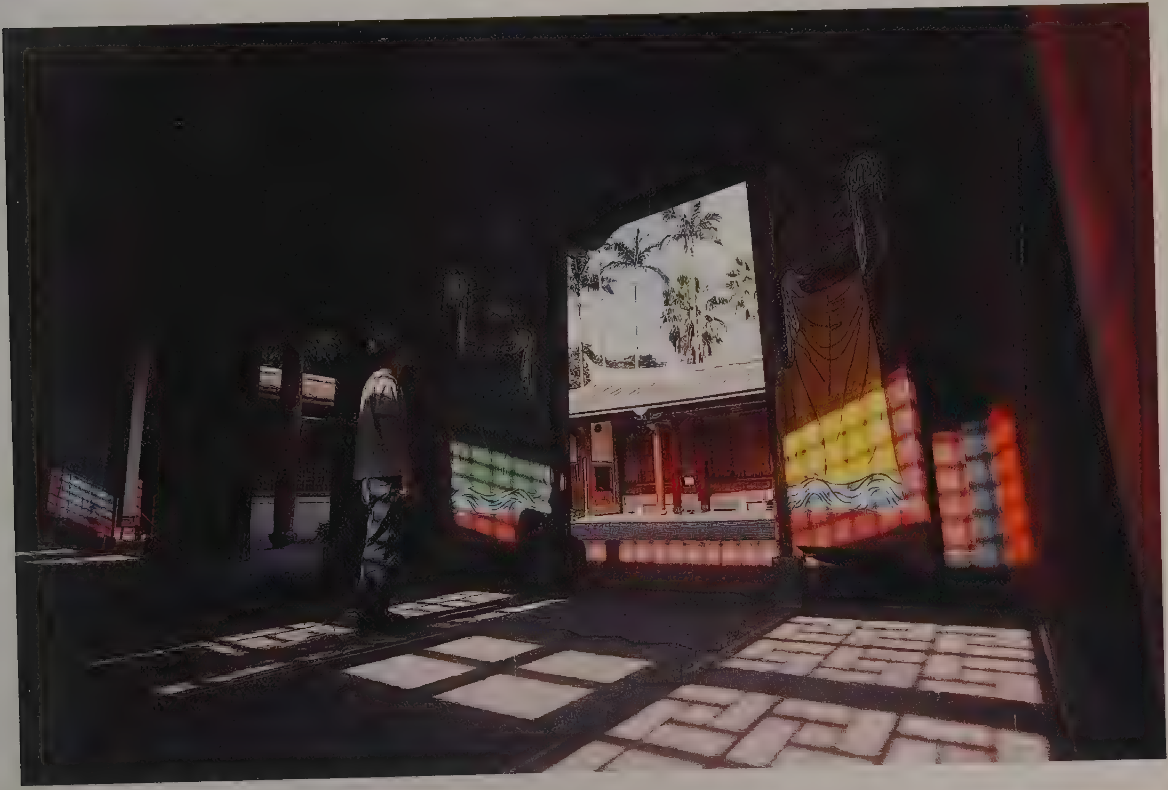
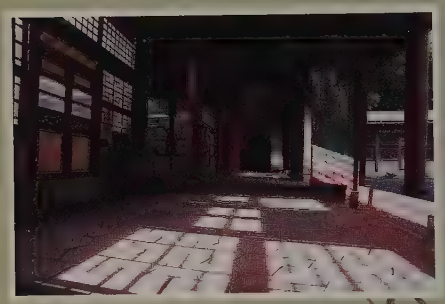
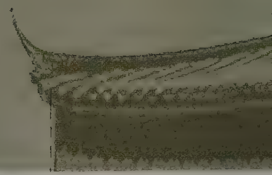
[illegible] Teahouse escaped destruction and was finally designated a municipal heritage site through the efforts of supporters of the arts. Its sophisticated wooden architecture creates a space synonymous with liberalism, social movements, and political reform, making it an invaluable cultural asset to the city. (Photo by Hsu Yukai)







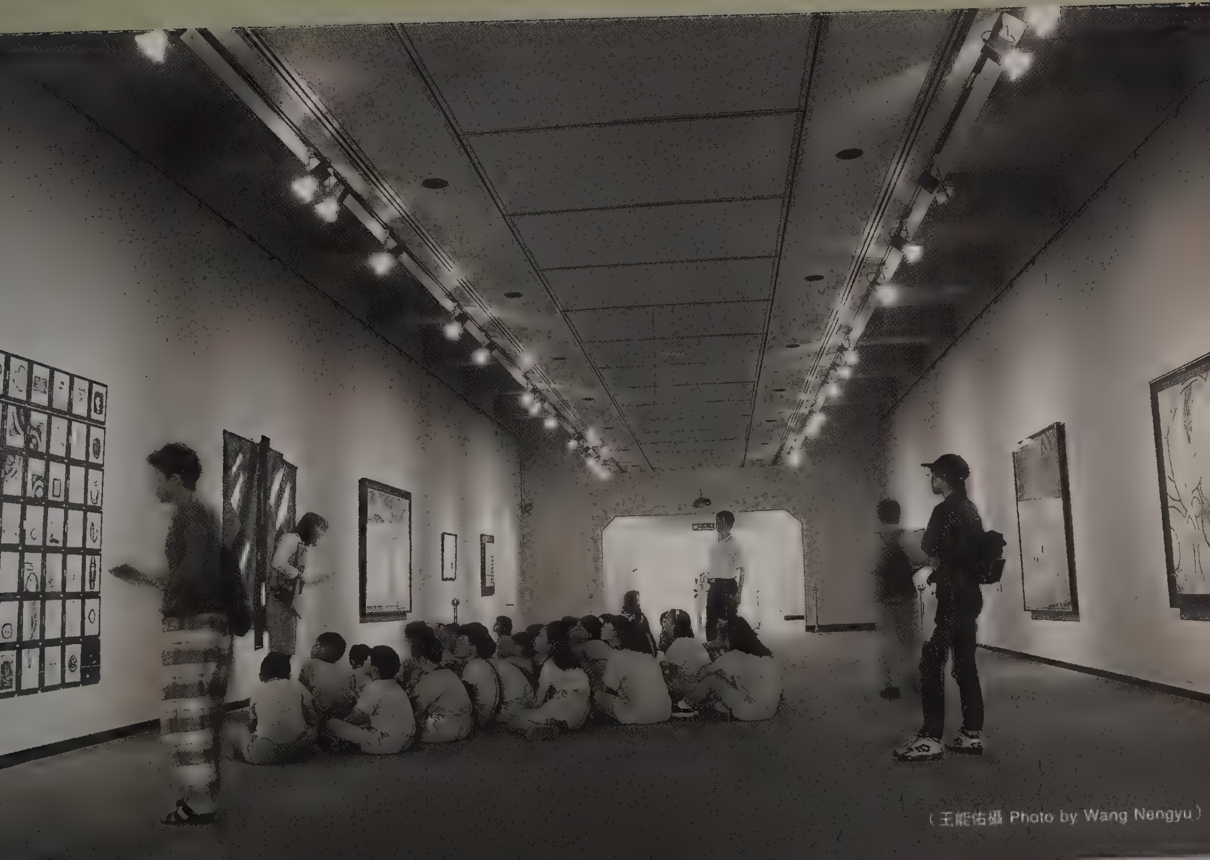


台北市政府 Taipei City Government

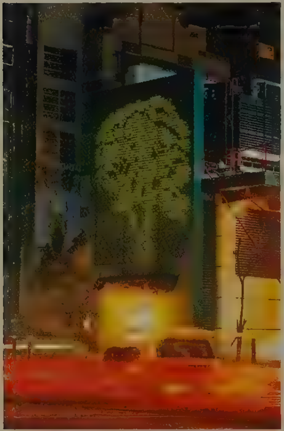
台北植物園內的布政使司是台灣目前僅存的衙門建築，在沈潛了一段時日後，今年[illegible]月起改裝成為台北市政博物館。（許育愷攝）
The Magistrate's Office Building situated in Taipei Botanical Garden is the only remaining government building erected in the Qing dynasty. After being deserted for quite some time, it's now being converted into Taipei Municipal Museum, scheduled to open in Nov. 2002. (Photo by Hsu Yukai)

十秒 融入

Blending In



（王能佑攝 Photo by Wang Nengyu）



台北市區各主要幹道旁造形新穎的公共藝術品，柔和了原本冰冷生硬的城市空間。（圖上王能佑攝，圖右謝三泰攝）
Along Taipei's main streets, original works of public art soften the cold lines and rigid angles of urban architecture. （Photo by Wang Nengyu / Photo by Xie Santai）

在那「尊」看來像是手的雕塑旁繞了一圈又一圈，仰頭。顯然身材過於嬌小，無法看清手指頂端放置著什麼樣的「物品」。只好尋求解說牌的助益：「《蓮花持》，李光裕」，因此那該是捻蓮花的巨手了。

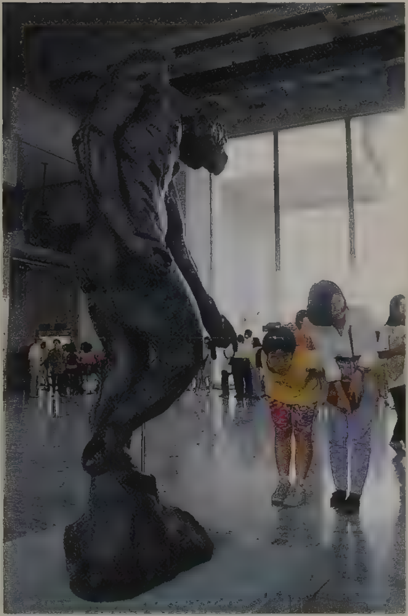
用一種全然不可忽視的體積，城市中的巨型建築、龐大公共藝術品，悍然矗立於我們行走經過的路線之中。因為過於巨大，對於這些龐然大物的全貌，我們總透過照片、圖畫認識。缺乏互動與僅能見到局部，人們與這些巨型建築之間的關係並不密切，有的時候，甚至記不起確切的位置是在何處。一種，近距離容易失焦的存在；一種，近距離仍感到疏離的存在。

如果，它們的存在與市民之間的關係是如此的淡漠，那麼它們又為何而存在呢？

大型公共藝術與環境之間應該有的互動關係，近幾年在建築界、文化界及官方贊助單位中開始浮現反思。藝術品不只是擺著給人看，也可以觸摸、感受、攀爬、窩坐……

原住民公園不僅豐富了城市的樣貌，也象徵原住民文化與城市空間的結合。（余榮欽攝）
Aboriginal Culture Theme Park adds to the many faces of the city, integrating aboriginal culture into urban spaces. (Photo by Yu Rongqin)

這種態度的改變也深入了向來靜肅的藝術展覽館。如果你在某個非假日走進歷史博物館、故宮、中正藝廊，或者北美館，不難遇到一批又一批興奮熱切的孩童，由老師領隊，或者由館方專人導覽，一一為這些國家未來的主人翁解說各式各樣奇形怪狀的疑問。此種情致，與十幾年前，大部分的校園孩童至美術館、博物館參觀，總是默然一排魚列而過，只留下「美術館很大」，而對於藝術品幾近模糊的印象相距甚遠。



採開放空間設計的美術館，參觀者可自由的從各種角度體會藝術家的巧心傑作。（鐘永和攝）
Taipei Fine Arts Museum's open space design allows visitors to appreciate artists' ingenuities from every angle. (Photo by Chung Yungho)

不只是曾經「可望而不可及」的藝術，還有嚴謹的官方建築也開始轉變。穿過時空，當下的總統府像一個歷經孤獨歲月的老人，張開手想要擁抱它的子民，節慶在廣場上豎起鮮麗閃爍的燈火，邀人共舞歌唱，假日開放給一般民眾入府參觀。中正紀念堂的廣場上清晨滿是早起練舞的人們，黃昏時魚貫進入音樂、戲劇廳，讓藝術洗去一日的塵埃，假日的園遊擺攤，吆喝嬉鬧孩童奔跑此起彼落。原如卡夫卡城堡一般陰沉迷離的官方機構，現今人們哄哄穿梭在開放的展覽中，公事洽畢，於咖啡廳啜杯午茶點心，再翩然離去。大院深鎖的日式舊建築市長官邸，現今午後演出一場場的藝文盛事，遠方來的、城中聚集的詩人作家，賦予它新生。

昔日大院深鎖的市長官邸，如今已化為多用途藝文空間，民眾可在裡面輕鬆的啜飲下午茶。（許育愷攝）
Forbidding mayor's residence in the past is now a multipurpose gallery housing art and literary works, in which citizens may enjoy leisurely afternoon tea. (Photo by Hsu Yukai)

那些過往莊嚴而難以接近的，現在都懷抱慈祥的微笑，如解甲返鄉、兒孫膝下成群的老將軍一般。為了要融入這座城市的市民生活，這些曾經大門深鎖的建築物一一「放下身段」了。在不知不覺的時光推移中，原先凝結狀的建築物因為人們的進出而變得柔軟，富有生命。當雙邊之間的界線漸漸游動，當人們對於周遭環境的角度與視野得以重新聚焦，此城的面貌，也將擁有更多的可能性吧！

10 Seconds

Blending In

融入

在寬廣舒適的人行道上，民眾可輕易的和公共藝術品親近。（許育愷攝）
Wide, aesthetically-pleasing sidewalks provide easy access to public art. (Photo by Hsu Yukai)

歷史博物館的導覽人員熱心的為小朋友解說。（許育愷攝）
A guide narrates for children enthusiastically in National Museum of History.
(Photo by Hsu Yukai)

台北街頭的藝術品不但可以觸摸、感受，還可以攀爬、窩坐……，藝術已走入人們的生活。（王遠茂攝）
Art is now part of our lives: appreciate art on Taipei's streets not only through touch and feel, but also as you climb and sit.
(Photo by Wang Yuanmao)

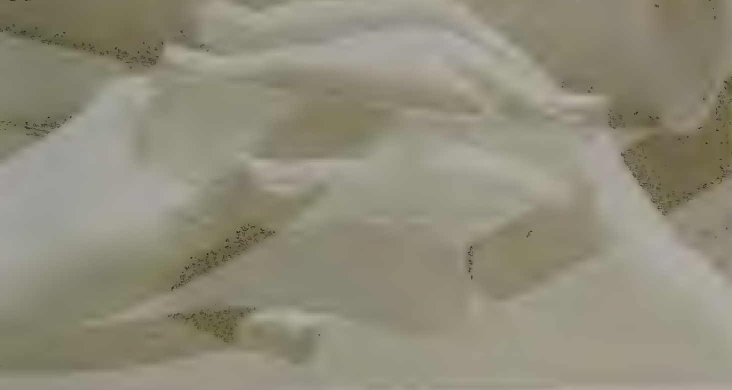
Their imposing bulk impossible to ignore, the towering buildings and oversize public artworks of the downtown environment punctuate our paths through the city. Due to their sheer size, however, we can only appreciate these monuments in their entirety by means of artistic renditions or the photographic medium. Because people accordingly lack interaction with them and can only appreciate them in part, there is a commensurate lack of intimacy in our relationship with city structures that at times even extends to our forgetting exactly where in the urban jumble a particular building is located. We're left with a presence that's out of focus due to proximity, and proximity so immediate it's alienating.

Nonetheless, the interaction that should exist between large-scale works of public art and their environment has begun, in the last few years, to command reflection among architects, artists and the public bodies that sponsor them. Indeed, artworks are no longer something just to be hung up for perusal, they can be touched, experienced, climbed upon, nestled in...

And this transformation is being applied not only to the art of yesteryear, which can be "admired, but not attained," but also to the dignified realm of official buildings. As the years pass by the present Presidential Building is like an aged man,

原本嚴謹的官方建築，近年來不但開放供民眾參觀、遊憩，並舉行各項活動，鼓勵民眾參與。（上圖：許育愷攝，下圖：葉銘源攝）
In recent years, solemn government buildings have opened to the public and served as venues for activities open to all. (Photo by Hsu Yukai / Yeh Mingyuan)

living out its years in solitary grandeur but opening its arms to its people, inviting them to dance and sing at dazzling celebrations on its plaza and even to venture indoors on holiday open houses. The grounds of the Chiang Kai-shek Memorial are alive from the break of dawn with people exercising and dancing, while at nightfall the crowds return for concerts and the escape of the theater, letting art wash away the dust of the day. On holidays, meanwhile, market stalls and gamboling children are the joyous order of the day, transforming what once was a grim, Kafkaesque fortress of officialdom into a bustling and liberated forum for exhibitions and conversations, followed up by afternoon tea in the cafe and a leisurely departure. In the once isolated compound of the Japanese-era mayor's residence, meanwhile, the afternoons are given over to triumphs of culture as poets and writers from far and near gather to perform, and coincidentally transfuse the venue with new life.



台大醫院 NTU HOSPITAL

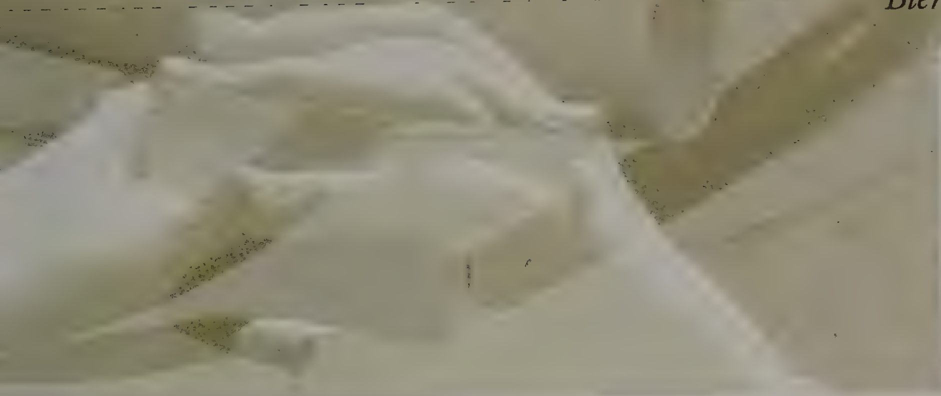
[illegible] Taipei City Government

[illegible]可觀、可坐，在列車快速運行的隆隆聲中，提供[illegible]

Giant palm holding lotus at Taipei Mass Rapid Transit (MRT) station: both a work of art and a form of practical seating, an island of serenity admidst the fast-paced intensity of city life. （Photo by Hsu Yukai）

台北市政府 Taipei City Government

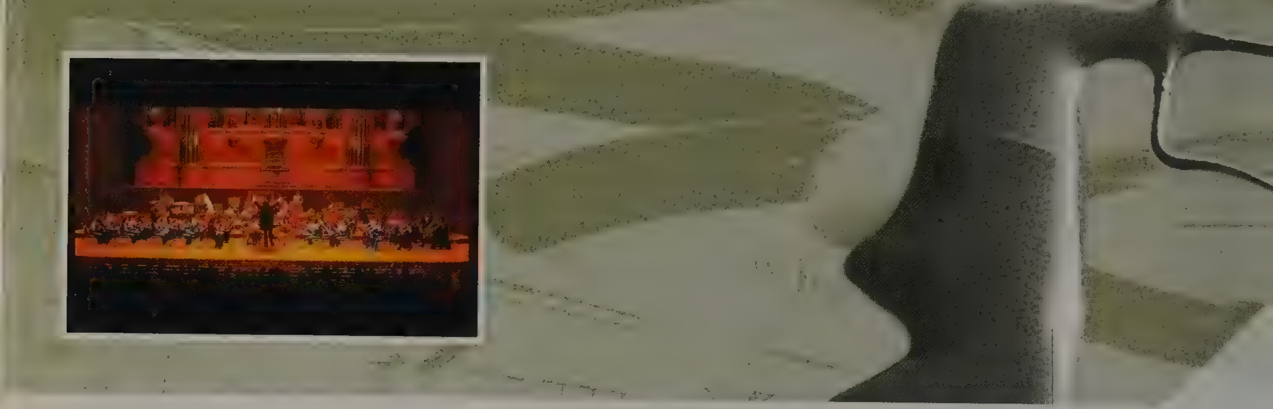
置身戶外的雕塑品，民眾可以面對[illegible]，藝術不再是「可望而[illegible]」（[illegible]攝）
Art no longer out of reach: now citizens can appreciate and ponder over outdoor sculptures face-to-face.（Photo by Hsu Yukai）



台北市政府 Taipei City Government

[illegible]權時代[illegible]，看過解嚴前後的抗[illegible]，[illegible]之
[illegible]的中正紀念堂如今已溶入民[illegible]，[illegible]功能[illegible]

Chiang Kai-shek Memorial Hall has seen the austere days of martial law and the fierce demonstrations that put an end to martial rule. Now it is a part of people's lives, a multifunctional space for fun and recreation.
(Photo by Hsu Yukai)



台北市政府 Taipei City Government

在仿古宮殿建築的中正紀念堂廣場，近年來舉辦過許多大型戶外轉播活動，吸引數以萬計的民眾以天為幕，席地而坐聆賞，藝術不再高不可攀
（施偉平攝）

Art for all: amidst buildings resembling ancient palaces, numerous grand live shows have been held at Chiang Kai-shek Memorial Hall Plaza in recent years, attracting tens of thousands to sit and enjoy music under the starlit sky. (Photo by Shi Weiping)

台北市政府 Taipei City Government

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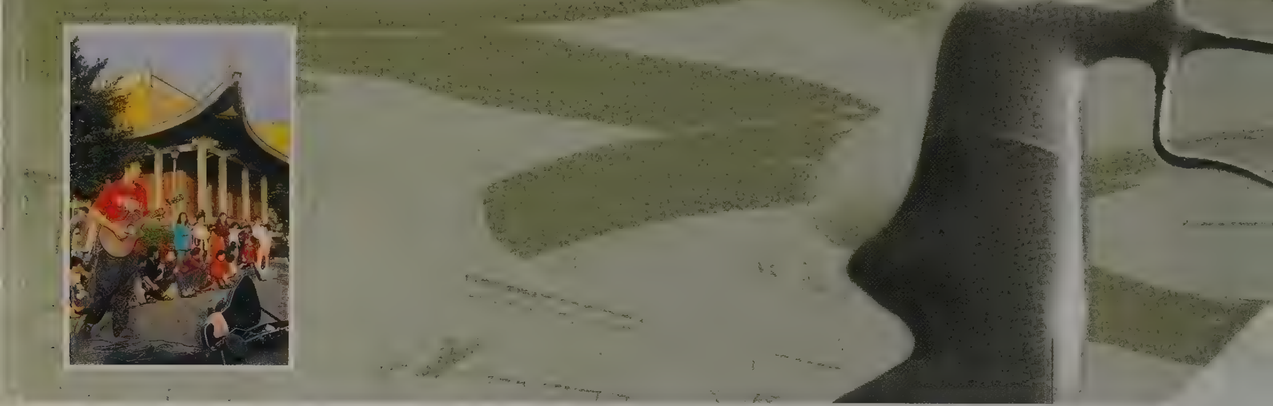
Soaring kites and the laughter of children turn the solemn Sun Yat-sen Memorial Hall Plaza into a playground for all.（Photo by Wang Nengyu）



台北市政府 Taipei City Government

假日園遊會帶來活潑可愛的小朋友，也帶來銀鈴般的笑聲與歌聲，昔日嚴肅的官方場域，今日已張開雙臂擁抱群眾。（葉銘源攝）
Weekend fairs attract lively, adorable children along with their laughter and song: solemn government grounds now embrace the public.
(Photo by Yeh Mingyuan)

台北市政府 Taipei City Government

[illegible]閃耀的燈火，台北市政府廣場搖身[illegible]成為炫目的戶外舞台，親近[illegible]
Colorful lights transform City Plaza into a dazzling outdoor stage: becoming part of people's lives is the best way to get closer to the public.
(Photo by Wang Nengyu)

台北市政府

台北市政府 Taipei City Government

隅的親水公園，提供民眾一處親近自然的空間 [illegible] 攝。
A Water Park in the City Plaza brings you closer to nature.
(Photo by Wang Nengyu)

台北市政府 Taipei City Government

在藝術長廊中隨興而坐，專注聆聽，藝術的種子已悄悄的深埋在小小的心靈中。（王能佑攝）
Planting artistic seeds in the next generation: sitting as they please in the Art Gallery, children listen attentively.（Photo by Wang Nengyu）

MAYA

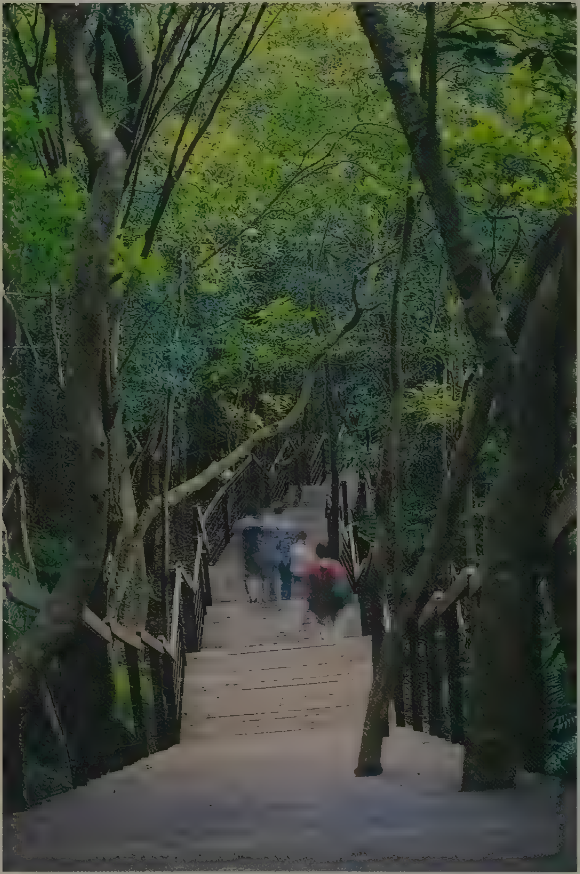
[illegible]政府 Taipei City Government

[illegible]一批批興奮又熱切的小朋友，忘情的陶醉在藝術的領域中。（許育愷攝）
In recent years, groups of excited and eager children, totally immersed in art, are often seen in the formerly hushed Art Gallery.(Photo by Hsu Yukai)

十秒 呼吸

A Breath of Fresh Air

Photo by Yu Hong[illegible]



台北人喜歡遠離城市的喧囂，在無盡的綠意裡「森」呼吸。（余榮欽攝）
Taipei citizens like to escape from city noise to to take breath of fresh "forest" air.（Photo by Yu Rongqin）

住在北投的朋友，臨到假日便「出奔避難」，其所居住的坡地一帶，已經成為台北市居民爬山健行的好所在。不只是北投，一到假日，往陽明山上的主要道路——仰德大道，汽車遠遠隨山路蜿蜒，強悍的機車奔行其中，目的地以擎天崗、竹子湖最受青睞；士林的芝山岩、關渡自然公園、北投軍艦岩、信義四獸山、景美仙跡岩、木柵指南宮……你所想得到的，離城中心遠一點的，假日都可見人潮。

在短暫的假期與有限的財力下，得以享受最奢侈也是最普羅的活動——郊遊遠足顯然頗受全家、情侶、班級的喜愛。為了離開城市的空氣污染與喧鬧車輛，讓視野可以遠一點、寬廣一點，四肢活動的範疇大一點，吐納之間清淨一點，台北市近郊擠滿了急於「呼吸」的人們。

週休二日的推廣，台北市居民的足跡更跨出盆地，往各個縣市的風景名勝區奔去。然而，單純的遠足踏青郊遊，對於一些「踏不勝踏」的民眾而言，可能已經無法滿足。於是，因應市民的需求、時代的變遷，各類假日文化導覽、自然步道之旅、國家公園認識之旅……紛紛出爐。如強調環境生態保護與教育的自然步道之旅，是由主婦聯盟環保基金會結合社會熱心人士及學者專家，成立「自然步道推

透過茶葉烘焙製作之旅，在自採、自烘、自焙中體驗茶農的辛勞，也是台北人給生命的一種深呼吸。（余榮欽攝）
Hands-on picking, drying, and curing of tea allows visitors to experience the toils of a tea farmer, and at the same time find new meaning in life.
（Photo by Yu Rongqin）

廣委員會」，建立解說導覽系統；位於台北市華江橋一帶沙洲地的「華江雁鴨自然公園」，由台北市政府建設局於民國八十五年規畫成立，加上民國九〇年開園的「關渡自然公園」，文化與保育結合，提供市民休閒的另類選擇。此外，台北市盆地多處的觀光茶園，也將茶葉的生產過程公開，參加茶葉烘焙製作之旅，可以「自採」、「自焙自烘」，喝茶的同時感受茶農的辛勞。

還有另一種不必遠奔郊區的「呼吸」方式——逛美術館、博物館、展覽，或者參加各類的週休二日文化歷史之行，雖然在這些地方，也通常人聲鼎沸。一般而言，如故宮博物院、北美館、歷史博物館，以及新成立的台北當代藝術館所推出的大型展覽中，皆會有針對一般民眾推出的解說之旅，若想消解對於藝術品「霧裡看花」的朦朧感，此種方便又便宜的「套裝行程」，乃為最佳選擇。

池塘裡，綠荷邊，白鵝歡欣，鷺鷥悠閒，台北人煩躁的心也跟著沉靜下來（趙元斌攝）
"Amongst green lilies at the water's side, carefree geese and egrets glide": a scene to calm any fretful heart.
（Photo by Chao Yuanpin）

若並非一定放假就得親近綠綠青草地、遠眺青山，也不想接受藝術洗禮的話，或許你也可以像某些隨意遊蕩的城中居民，只是到附近瞄準一間不甚吵鬧、靜謐的咖啡館，或者到人跡日漸稀少的舊書店挖寶，到社區圖書館看報借書，或者把家中向陽處闢出小方地，從建國花市搬入花花草草，如此一般，晃晃悠悠、氣定神閒，兩日竟然也順暢的得到休憩，轉換呼吸的頻率了。

10 Seconds

A Breath of Fresh Air

呼吸

迎著晨曦拾級而上，沐浴在芬多精的芳香中，俗慮和塵囂隨之遠揚。（余榮欽攝）
Worldly troubles and uproars evaporate as you climb with the morning sun and drink in the forest's breath.
（Photo by Yu Rongqin）

山不在高，有仙則名、踩踏百年古道，在尋訪仙跡的同時也達到健身目的。（謝三泰攝）
Height makes not a mountain great, its dweller does: exercise your imagination and body as you stroll down century-old trails.
(Photo by Xie Santai)

With the recent implementation of the two-day weekend, citizens of Taipei have gotten into the habit of taking off during their leisure time to enjoy the sights and celebrated landmarks in other parts of the island. Of course, for some people, simply getting away isn't enough, and a whole range of nature-oriented travel services have sprung up to accommodate those whose idea of a break also involves learning. So we now have a wide variety of cultural excursions, nature tours, national-park educational tours and the like to choose from. One such organization, which has adopted a natural, ecological, conservationist orientation, is the Nature Walks Council, established by the Homemaker's Union and Foundation. In 1996, the Taipei City Government established the Huajiang Waterfowl Nature Park on a sandbar near the Huajiang Bridge, and in 2001 established the Guandu Nature Park, where culture and conservation meet in

在郊遊踏青的途中，偶遇山澗裡的小溪流，小朋友親近大自然的心靈也獲得滿足。（余榮欽攝）
Unexpectedly coming across a mountain brook fulfills a child's longing to come closer to nature.
(Photo by Yu Rongqin)

在和煦的春陽照拂下，植物園荷花池裡的烏龜也齊聚礁石上，引頸享受大自然的溫暖。（聯合報 杜建重攝）
In the lily pond at Taipei Botanical Garden, turtles gather upon rocks to stretch their necks and enjoy the warming rays of a pleasant spring sun. (Photo by Du Jianchong, United Daily News)

到圖書館看書，享受「悅」讀之旅，讓心靈深呼吸。（余榮欽攝）
Books in the library release the mind and refresh the soul. (Photo by Yu Rongqin)

a leisure alternative for our citizens. In addition, many of the tea plantations in the Taipei Basin have thrown open their operations for the enjoyment and edification of curious hikers, who can follow the whole process of tea production from its picking to drying to curing, and even participate themselves, thereby better understanding the amount of labor that tea farmers must invest to produce a quality product.

One other "breath of fresh air" available to all, which doesn't necessarily involve going very far at all, is a trip to an art gallery, a museum or a special exhibition. Weekend culture and history education trips are also a popular opportunity, though these generally don't offer the peace and quiet of a walk in the woods. As a rule, the exhibits presented at the National Palace Museum, the Taipei Fine Arts Museum, the National Museum of History or the Museum of Contemporary Art offer guided tours for the general public. So, if you feel you would like to penetrate the mysteries of art and better appreciate the aesthetic world it represents, perhaps such a convenient and inexpensive option is just the right choice for you.

台北市政府 Taipei City Government

[illegible]陽明山，紅艷的櫻花與碧綠的修竹相互依傍，漫步在[illegible]
[illegible]
Yangmingshan in spring: red cherry blossoms and green shoots of bamboo stand side by side, and thoughts become clear and calm as you roam this forgotten land.（Photo by Yu Rongqin）

Flower clock, spring, and Yangmingshan: Taipei residents flock to this grand and relaxing garden, where love towards family and friends grows in sync with the blooming flowers. (Photo by Wang Nengyu)

台北市政府 Taipei City Government

[illegible]
Qingtiangang Grassland, Yangmingshan: men and women, young and old, all come from the city for a taste of fresh air.（Photo by Yu Rongqin）

駐足在臨近天際處，可以俯瞰大台北的繁華，可以仰望浮雲的幻化，而就在呼吸吐納間，拂面的清風也帶走了擾攘和喧囂。（葉銘源攝）
Standing close to the heavens, between the prosperous city of Taipei below and the ever-changing clouds above, you can free the refreshing breeze brushing past to sweep away troubles and worries. (Photo by Yeh Mingyuan)

台北市政府 Taipei City Government

聽！森林中有蟲鳴鳥叫、有種子發芽的聲音，當然還有心靈對大自然的呼喚。（余榮欽攝）
Tune your ears to the music of insects and birds, the sound of sprouting seeds, and the yearning of your soul for mother nature.
(Photo by Yu Rongqin)

台北市政府 Taipei City Government

[illegible]，在如夢似幻的情境中，順便 SPA 一下身心 [illegible]

Yangmingshan's foggy slopes: unfathomable and dreamlike, a SPA for mind, body, and soul. （Photo by Hsu Yukai）

台北市政府 Taipei City Government

在幽靜的林蔭深處，突然奔出白激激的水瀑，在亂石間流竄。噓！你是否也聽到瀑布在呼吸了呢？（余榮欽攝）
A white cascade breaks out from the shadows of the forest, fleeing past the rocks: don't make a sound and you might hear the waterfall breathe.
(Photo by Yu Rongqin)

A Breath of Fresh Air 〈呼吸〉
30 Seconds
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佇立－展翅－翱翔，白鷺優美的飛行舞姿在關渡自然公園裡連續上演，提供城市居民最豐富的大自然饗宴。（聯合晚報 鄭瓊中攝）
Standing egrets spread their wings and gracefully soar to the sky: a common scene in Guandu Nature Park — a feast of nature for city residents.
(Photo by Zheng Qiongzhong, United Evening News)

台北市政府 Taipei City Government

[illegible]
Shortcut to nature: the flower market is a good place to acquaint yourself with plants and flowers. (Photo by Yeh Mingyuan)

卸下沉重的書包，擺脫惱人的功課，小朋友說：我也要來一下水上深呼吸。
[illegible]玲攝）
Heavy schoolbags and confusing homework tossed aside, children take to the refreshing waters. （Photo by Zhang Huiling）

台北市政府 Taipei City Government

十秒 漫遊 A Stroll in the City

（謝三泰攝　Photo by Xie Santai）

踩著夕陽餘暉，在綠意盎然的林蔭道上漫步，嗨！請你也一起來享受慵意人生。（謝三泰攝）
Life is more beautiful when you're able to walk along the city's lush green boulevard at dusk and enjoy the sunset.（Photo by Xie Santai）

從西門鬧區步出，鄰近中華路的捷運出口一波波人潮湧進吐出，與同行的友人對望，我們決定走到中正紀念堂站搭乘。從西門町至中正紀念堂這一段路並不「難走」，以總統府為核心，至中正紀念堂沿路的公家建築物，幾乎都維持著日據時代以來的基礎面貌，還較台北市其他區域變動為小，甚少遇到工程進行圍起的鋼鐵牆，也很少會一腳踏進泥濘破碎的人行道。

在高度發展的城市，寸土寸金，輕鬆漫遊原是一種奢望。台北城從日據時代就開始多項都市更新計畫，然而真正考慮到行人的需求，卻是近十年的事。道路重畫時加寬人行道、重鋪破碎不堪的人行道磚、讓民間單位認養美化人行道、機車及路霸退出騎樓人行道……等，都是為了將「行走權」還給路人。

以信義路及仁愛路來說，這兩條路雙邊皆關出林蔭道，中間是筆直的汽車專用道，側邊做為機車及汽車轉彎道用，新舊建築夾雜的騎樓下，各式各樣的商家進駐，機車停放的格位與行人道分開，消除了人車「爭道」的侷促感。與其垂直的新生南路與建國南路間為大安森林公園，周邊的行人道規畫簇新井然，開放之後迅速成為台北市民另一個休閒漫遊的最佳去處。

腳踏車道的設置，讓「單騎遊台北」的夢想不再遙不可及。
（許育愷攝）
Newly designated bicycle lanes make it possible to tour the city by bike--once a dream of many cyclists.
（Photo by Hsu Yukai）

另一個大型的都市更新計畫為西門商圈的舊中華商場一帶。民國八十一年，盤據西門町中華路八幢三層樓式建築的「中華商場」，歷經三十八年歲月後，在推土機伴隨著住民商家的哀歎聲中，轟然倒下。民國九十年，中華路變得又直、又新、又廣，豪華的十線道在此城出現，令人咋舌，而兩邊全新完工的「香榭大道」，開闢腳踏車道及行人步道，不到十年的時光，新舊快速轉換的風景令人恍惚。

中華路兩旁寬廣的人行步道，提供行人舒適的漫遊空間，有台北「香榭大道」之美譽。（王能佑攝）
Known as the Avenue of Champs Elysees of Taipei, Zhonghua Road has spacious sidewalks on either side, and is an ideal spot for city walking.
（Photo by Wang Nengyu）

工作與家庭之間的來回，城市人們對於交通運輸的要求，無非是「方便」、「快速」。縱然捷運已經通車，機汽車的數量並未因此大量減少，頂多只是「成長」的速度減緩。在一片擁擠的景象當中，這幾年腳踏車卻開始於此城「復活」。一方面是因為若干捷運站點與住處有一段距離，選擇腳踏車做為短程來回的工具的確可行；另一方面則是都市更新計畫中，將人行步道、腳踏車步道納入有關。

於是，除了中華路的香榭大道外，還有中山北路美術公園旁的「美術之路」，中山南路的「文學之路」。未來，還將有從台大旁沿新生南路，銜接大安森林公園周邊的專用腳踏車道……，由喧囂的大馬路一轉，人們便可輕易落入公園、悠閒的林蔭巷道，城市漫遊看來已經不再只是想望。

感覺上，行人在緊促繁忙的都市裡，像是自然公園中應當被保護的野生動物一般，城市，將「慢」的權利，漸漸還諸於人。當人們可以鬆口氣張望風景時，這城市的一切，才有可能深刻於記憶之中。

10 Seconds

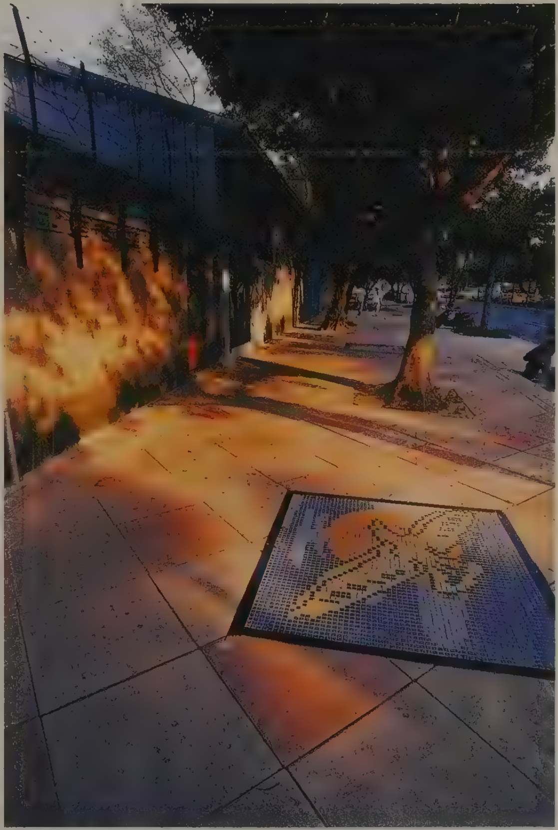
A Stroll in the City

下課後，悠遊漫步，年輕的心也跟著飛揚。（許育愷攝）
For young people, a leisurely walk after classes uplifts the spirit.
（Photo by Hsu Yukai）

不只汽車有十線道可行，行人也有「香榭大道」可走，更新後的中華路，實現了漫遊台北的夢想。（王能佑攝）
Ten-lane motorways used to be the preserve of cars, but now pedestrians can also indulge in the pleasure of walking down super-wide roadways. Newly revamped Zhonghua Road, dubbed the "Avenue of Champs Elysees of Taipei", is what makes it possible. (Photo by Wang Nengyu)

In any highly developed city, the prohibitively high price of land makes it a luxury to maintain available space just for the pleasure of strolling about. Even though Taipei has gone through a number of city-planning exercises since the time of the Japanese occupation (1895-1945), only over the past ten years has a genuine concern for the needs of pedestrians been demonstrated. When roads come up for renewal, sidewalks are widened and resurfaced, certain stretches are "adopted" for beautification by corporations or civic groups, motorcycles and other obstacles are removed from the sidewalks, and other steps are taken, the ultimate objective being of course to restore the "right to walk" to pedestrians.

Xinyi and Renai roads, for example, are broad boulevards planted with rows of leafy shade trees, featuring straight lanes of through traffic down the middle separated from motorcycle and turning lanes on either side. Businesses of all types line the boulevards, their facades cleared of the motorcycles now relegated to designated parking zones and thus no longer contending with unfortunate pedestrians for space. Running perpendicular to these major arteries, Xinsheng and Jianguo South roads flank the Daan Forest Park and boast brand-new sidewalk promenades that have become a favorite destination for city residents out for a pleasant stroll.



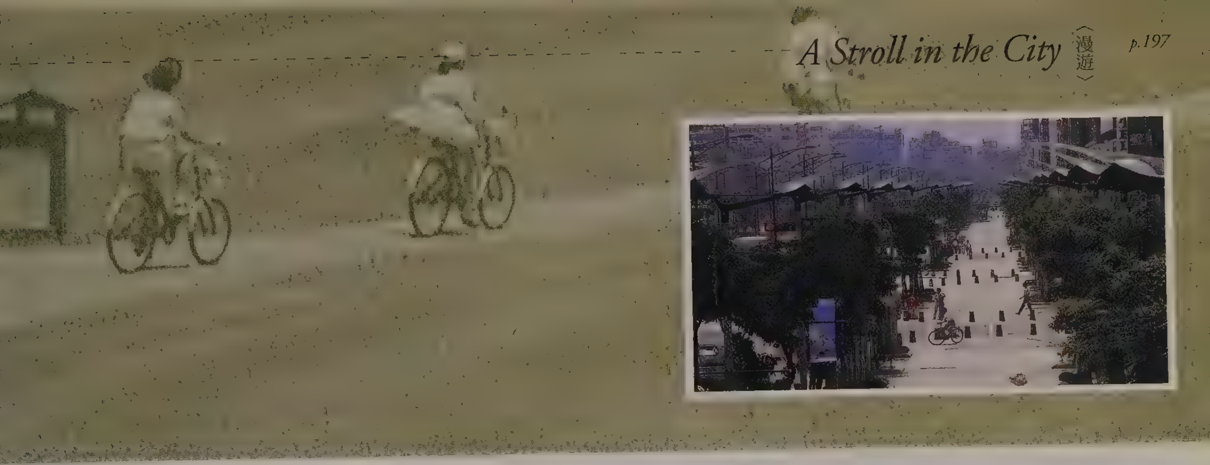
整齊美觀的人行道是漫遊的理想空間。（許育愷攝）
The city's neat and beautiful sidewalks are ideal for strolling. (Photo by HsuYukai)

Another major urban renewal project was undertaken in the Ximen business district on Zhonghua Road, where, in 1992, eight long, three-storey buildings that had stood for thirty-eight years, called the Zhanghua Market, fell to the wrecker's ball amid much lamentation by displaced business owners. By 2001, however, Zhonghua Road had become a broad, straight, entirely reconstructed ten-lane boulevard, planted with trees along its length and boasting bicycle lanes and pedestrian sidewalks. In less than ten years, a truly stunning scene of total transformation has been presented in the area.

悠閒走在美觀的人行道上，孩童的臉上也展露純真的笑容。（王能佑攝）
A walk down Taipei's beautiful sidewalks brings innocent smiles to children's faces.
(Photo by Wang Nengyu)

What city-dwellers require on their travels from home to work is easily summarized as transportation that is "fast and convenient." In fact, the implementation of the MRT (Mass Rapid Transit) system has not really reduced the numbers of cars and motorcycles on the city streets, but it has certainly cut down their rate of growth. And in recent years, the crowded streets have seen a resurgence of bicycle use. Bicycles are popular on the one hand for their practicality as a means of getting from home to the nearest MRT station, but also because the newest planning has made provision for bicycle lanes as well as pedestrian walkways in various areas.

Accordingly, in addition to the tree-lined walk on Zhonghua Road, Zhongshan North Road boasts the "Fine Arts Promenade" beside the Fine Arts Park, while the "Literature Trail" wends down Zhongshan South Road. In the near future, a bicycle lane will run up Xinsheng South Road from National Taiwan University up to the Daan Forest Park, enabling a swift escape from the tumult of the busy streets into the calm and shade of the park. Indeed, to "go for a pleasant stroll in the city" is no longer just an idle dream.



台北市政府 Taipei City Government

寬敞的人行步道上有美麗的公共藝術，在繁華擁擠的台北城可以漫步，是多麼幸福。（許育愷攝）

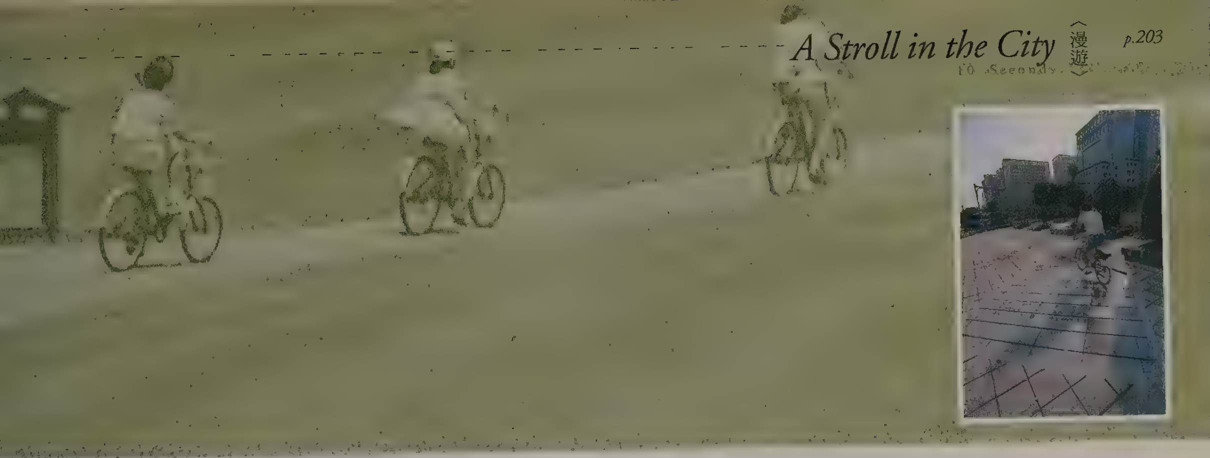
The spacious sidewalks are dotted with beautiful artwork. What a blessing it is to be able to take a relaxing walk amid the hustle and bustle of Taipei. (Photo by Hsu Yukai)

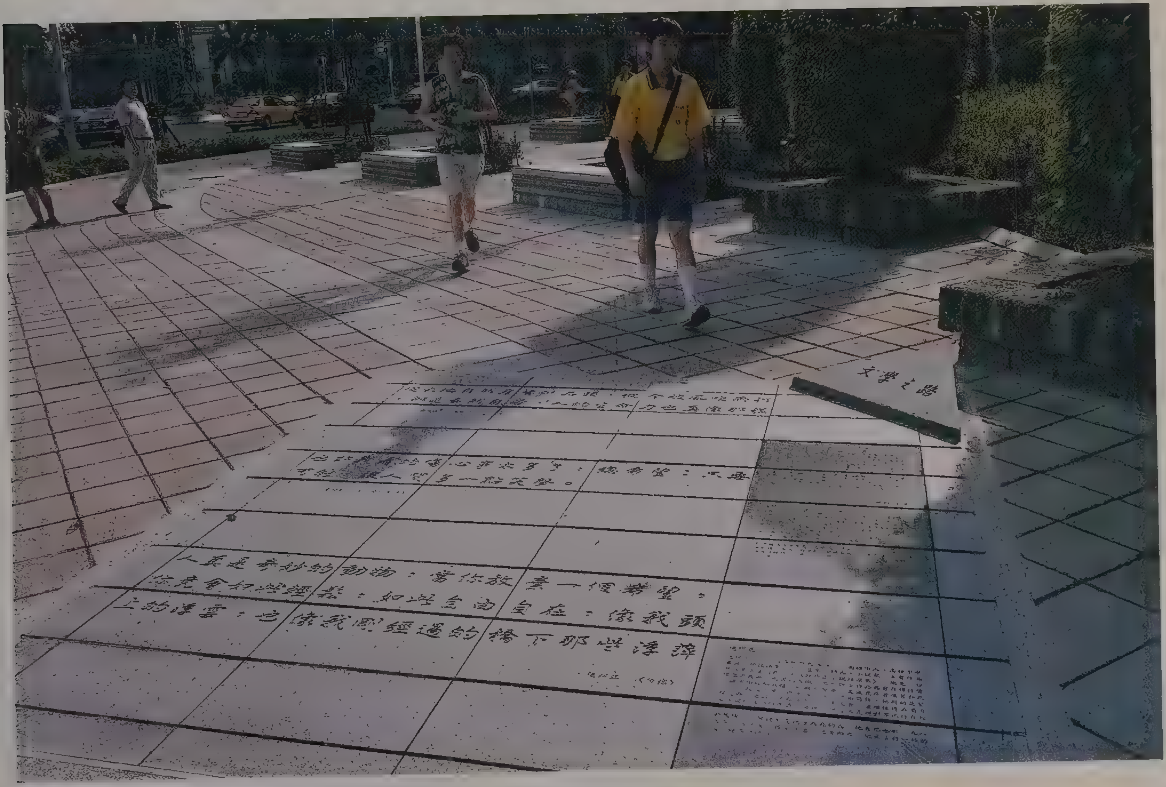
台北市政府 Taipei City Government

在舒適的人行道上悠遊嬉戲後，稍作小憩，主人的輕撫，讓愛犬也感覺無比幸福。（許育愷攝）
A little pat on the back is all it takes to make a dog happy after a stroll down the sidewalk.（Photo by Hsu Yukai）

台北市政府 Taipei City Government

你相信走在人行步道上也會遇到美術嗎？台北市中山北路的「美術之路」就可讓行人在漫遊中與藝術家不期而遇。（許育愷攝）
Do you believe in random encounters with art? A part of sidewalks on Zhongshan North Road before the Fine Arts Museum is designated as the "Fine Arts Promenade", where pedestrians can run into artists as they walk down the street. (Photo by Hsu Yukai)



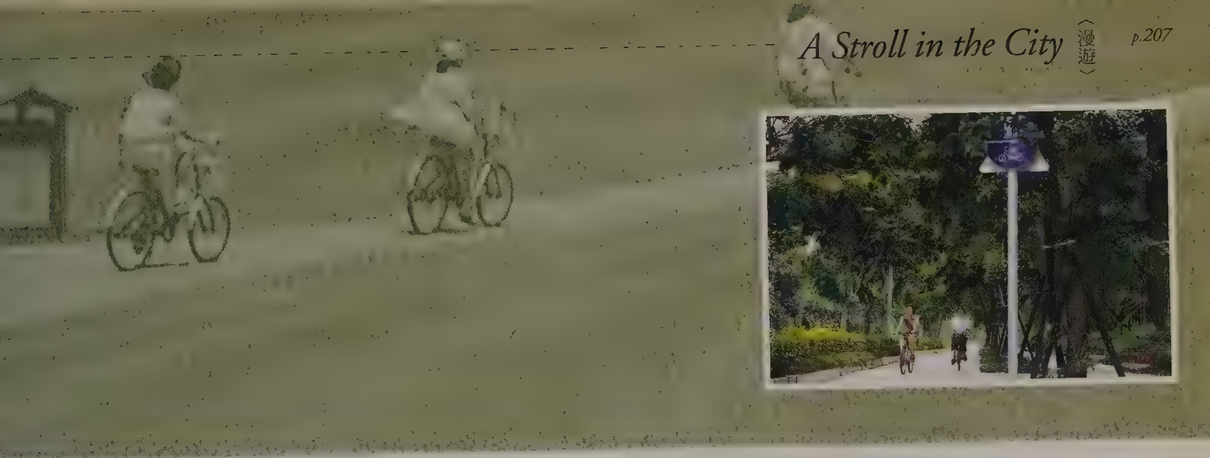

文學之路
人真是奇妙的動物，當你放棄一個希望，
你竟會如此輕鬆，如此自由自在，像我頭
上的浮雲，也像我剛經過的橋下那些浮萍

台北市政府 Taipei City Government

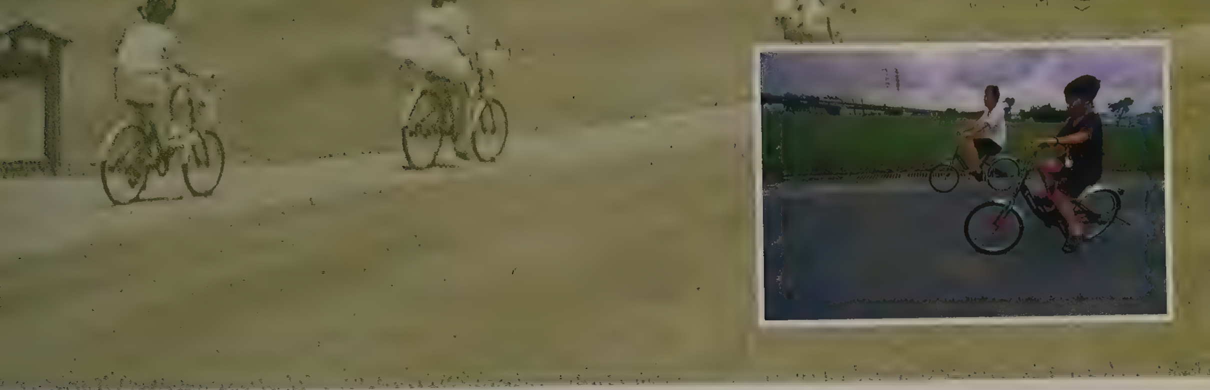
[illegible]中山南路[illegible]文學之路[illegible]讓行人可以一邊散步，一邊讀詩
(許育愷攝)
The sidewalks near CKS Memorial Hall on Zhongshan South Road is the city's "Literature Trail," where pedestrians can read poems while walking through. (Photo by Hsu Yukai)

台北市政府 Taipei City Government

[illegible]
Take a leisurely and carefree stroll down any tree-lined promenade and enjoy the pleasant feeling that a walk in Taipei can bring you.
(Photo by Hsu Yukai)

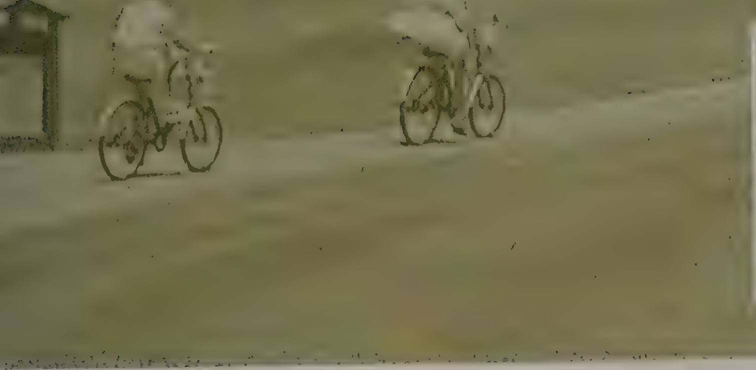


大安森林公園周圍新設置的自行車道，是民眾享受騎車漫遊的新天地
（王能佑攝）
Newly added bicycle lanes along Daan Forest Park is a new territory for bicyclists to explore.（Photo by Wang Nengyu）



Taipei City Government

…清爽的風、滿眼的綠，台北市的河濱公園是騎士漫遊的天堂。
（…永和攝）
Taipei's Riverside Park is a biker's heaven, where cyclists can ride against refreshing winds and feast their eyes on the green around them.
(Photo by Chung Yungho)



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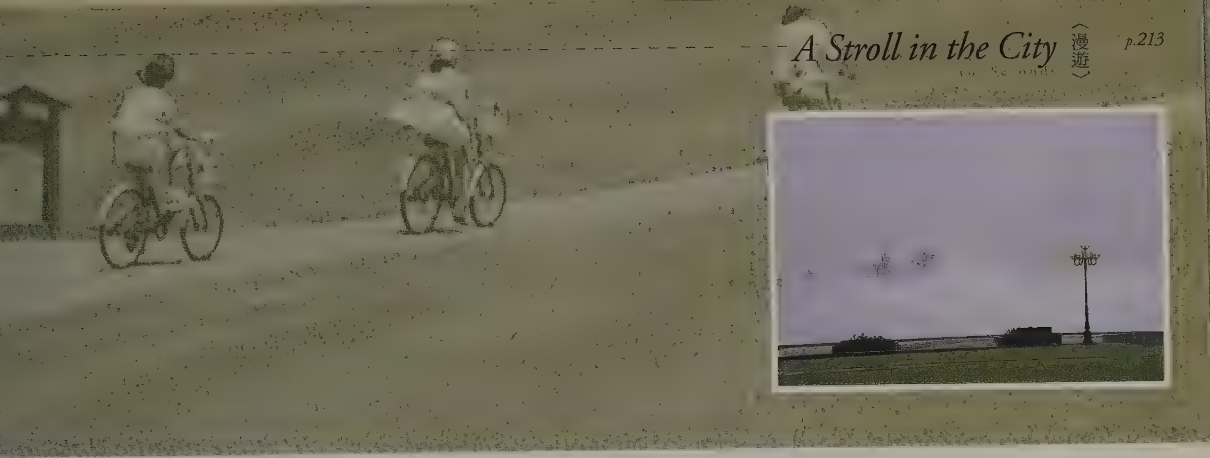
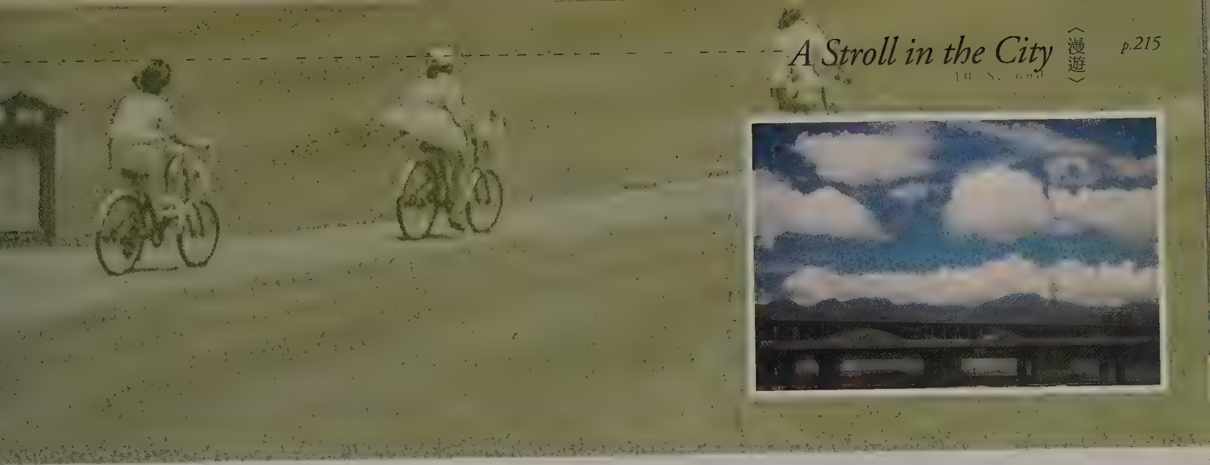
藍天下，椰影掩映的仁愛大道上，洋溢著浪漫的亞熱帶風情，汽車行駛其間，似乎也悠遊起來。（余榮欽攝）
Under the blue sky, Renai Boulevard is covered in an air of tropical romance; even the cars cruising by appear more carefree and relaxed.
(Photo by Yu Rongqin)



台北市政府 Taipei City Government

[illegible]日，漫步在水霧瀰漫的噴泉旁，沁心的涼[illegible]
[illegible]
Nothing drives away the heat better than a walk along the fountain and through the mists that fill the air on a scorching summer day.
(Photo by Chung Yungho)



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[illegible]天空中，白雲蒼狗，引人遐思。（許育愷攝）
Clouds in the bright blue sky paint a menagerie of different life forms, setting off sparks of imagination in the minds of beholders. (Photo by Hsu Yukai)

十秒 浮生

Leisure and Relaxation

Photo by Wang Nengyu

藍天下，綠水邊，可以靜坐、可以遠眺；原來，休閒也可以這麼簡單。（鐘永和攝）
Life's simple pleasures: sitting quietly or looking far into the distance, under blue skies or beside green waters.（Photo by Chung Yungho）

踏著晨曦，隨著樂音搖擺，舞出一天的好心情。（王能佑攝）
Dancing to the music on the first rays of dawn is a good way to start the day.（Photo by Wang Nengyu）

生活在高度緊張繁忙都市叢林裡的台北人，要如何修習「偷得浮生半日閒」的藝術呢？其實不難「見習」。清晨，稍稍起個大早，你便可以見到公園裡排列打太極拳、跳土風舞的人群，其中不乏上班族。午間休息，公司附近有個小公園，帶本書到涼蔭下翻閱，或者走進台北市大街小巷四處林立的咖啡館，享受片刻悠閒時光。忙碌的全職主婦、主夫，午後不妨到植物園畫荷，或者垂下釣竿跟魚一起思索；傍晚再帶著小朋友，到國父紀念館廣場放風箏；週休二日不用跑遠，到花市、玉市找個位置坐下，順便帶幅人像素描回家……。

就像是一條長期被拉得緊繃的橡皮筋，容易失去彈性，長期處在沉重工作壓力下的員工，也容易失去創造力與對工作的熱情。這個道理雖然老闆及員工都懂，不過不是所有的公司都能夠認知到此點的重要性。以至於，員工私下練就「偷閒」功夫的大有人在，等到一些嚴苛的老闆發現工作士氣低落，效率不佳之時，為時已晚。因此，聰明的老闆，通常也會同等注重員工的解壓之道。

一些頗有心思的公司，乾脆主動將「職場如戰場」化作「職場＝遊樂場」，讓員工工作也在裡面，休息、遊樂也在裡面，甚至連睡覺也可以在裡頭，二十四小時令你不覺得苦。工作累了，到職場附設咖啡廳、吧台小憩哈拉；想運動有籃

輕鬆的戶外音樂會，讓台北人有機會將煩人的瑣事暫擺一邊。（王能佑攝）
Relaxing outdoor concerts in Taipei help people forget their troubles.
（Photo by Wang Nengyu）

球、桌球、撞球供你選；欲安靜冥想沉思發呆，可以至空中小花園觀看金魚戲水、烏龜爬行……這種工作場所不多，通常都是在需要創意的廣告媒體界。

將職場化作遊樂場，畢竟不是多數的公司可以辦到的。因此老闆與員工之間，就更需要彼此激盪，如何化解工作壓力。有些公司部門的小型會議，拉到附近的咖啡廳進行，有些鼓勵員工於工作之外，多參與讀書會、文化活動，並由公司特定部門主動提供相關資訊；有些公司定期舉辦員工進修訓練活動，將場地拉到可以放鬆身心的溫泉區、郊區，甚至幫員工報名野戰營、戰鬥營，從辦公桌椅間投入另一個新鮮的環境。

台北人流行泡湯，藉著蒸騰的熱氣，讓一天的疲勞隨煙消散！（許育愷攝）
Hot-spring baths are popular in Taipei: the day's fatigue dissipates with the heat.
（Photo by Hsu Yukai）

週休二日制的推行，使得休閒與工作並重的風潮，漸漸在此城蔓延開來。越趨蓬勃熱絡的都市文化休閒活動，也逐漸受到市民的重視。或許只是下班之後，聽一場音樂會、看一齣戲，參與一場小型的座談會、讀書會，便可以讓自己從工作中離開，紓解一天下來的緊張情緒。

「休息，是為了走更遠的路」，此種前人諄諄教誨的生活藝術，現今慢慢的被此城的居民所實踐。

10 Seconds

Leisure and Relaxation

假日，到池塘邊垂釣，在釣竿入水的同時，思緒獲得沈潛，心情也為之豁然開朗。（何安華攝）
Fishing by the pond on a weekend: as the line is tossed, thoughts submerge, and the day suddenly becomes brighter. (Photo by Ho Annhwa)

你來我往、揮拍擊球，讓陽光與汗水紓解沉重的生活壓力。（許育愷攝）
With each bounce of the ball, sunshine and sweat relieve us of life's burdens. （Photo by Hsu Yukai）

一面櫥窗，一個夢想，在偶然間駐足凝視，驚喜之餘，同時燃起生命的熱情。（鐘永和攝）
One window, one dream: an occasional glance becomes a pleasant surprise, lighting up the fire for life. （Photo by Chung Yungho）

Living with the constant stress and bustle of Taipei's urban jungle, how do its residents re fine the simple art of taking a rest? Well actually, it's not that hard. In the very early morning, for example, a walk to any of the city's parks will reveal groups of people practicing tai chi and a variety of folk dances, many office-workers among them. During the midday break, any local park is a great spot to relax with book in hand, or one might choose to amble down a side lane to one of the many coffee shops and cafes that spice the city, to enjoy a slice of leisure in the midst of a hectic day. Busy parents might seek a moment's respite in the Botanical Gardens, painting lotuses or brandishing a rod and dropping a line to commune with the fishes. And in the evening, the kids always enjoy a walk to the grounds of the National Dr. Sun Yat-sen Memorial Hall to try their hand at flying a kite. A restful break at the weekend, meanwhile, doesn't necessarily mean escaping the city; there is the Holiday Flower Market and Holiday Jade Market to explore, and if you sit down to pose for a few minutes you might just be able to take home a portrait by a sidewalk artist.

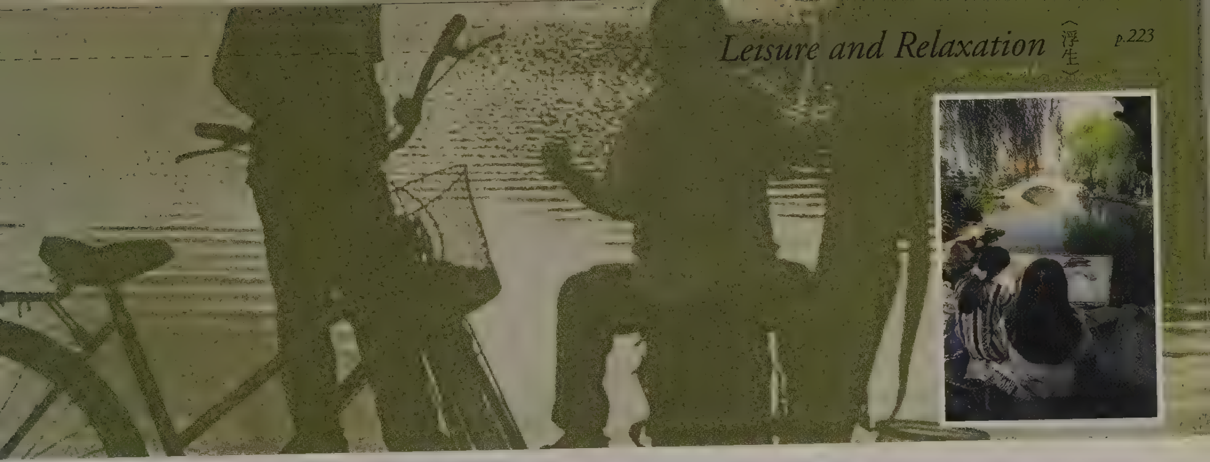
Just as an elastic band loses its elasticity if stretched out for too long, people who too long remain subject to the pressures of their jobs lose their creativity and enthusiasm. Certain forward-looking companies have sought to overcome this problem by promoting an alter-

幽靜的咖啡館內，三、五好友的下午茶之約，生活的滋味需要自己調製。
（許育愷攝）
Afternoon tea in a quiet cafe, where friends gather to create their own unique blend of life.
（Photo by Hsu Yukai）

native workplace philosophy. The concept that "Business is a battleground" is ceding its place to "Business is an amusement park" as employees are encouraged to incorporate leisure and amusement into their daily routines and even, if they so desire, nap or sleep at the workplace so that at no time in the day can stress rule. When work fatigue takes over, head to the company coffee shop or snack bar, or instead relax through exercise by shooting some hoops or a game of pool, or playing some ping-pong. If it's contemplation you need, head for the rooftop garden to watch the goldfish and turtles go about their placid lives. Admittedly, companies that offer such leisure opportunities are not all that common; usually these are advertising and media agencies with a need to foster creativity that provide such alternatives.

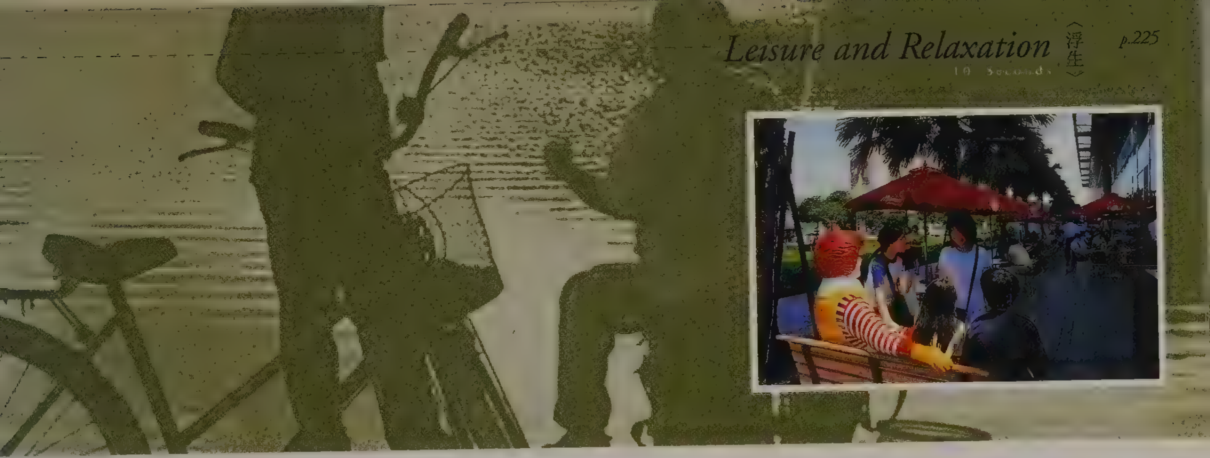
Indeed, not many companies can make the workplace into an amusement park, so it becomes all the more important for employers and employees to seek common approaches to reducing stress. Some companies hold departmental meetings in nearby coffee shops, while many encourage their employees to join book clubs or participate in cultural activities, providing them with the necessary resources to do so. Some companies hold their in-house training seminars in the relaxing environment of a hot-springs spa or other type of resort, while others sign their employees up for the rough-and-tumble but certainly invigorating experience of paintball or war-game camps.

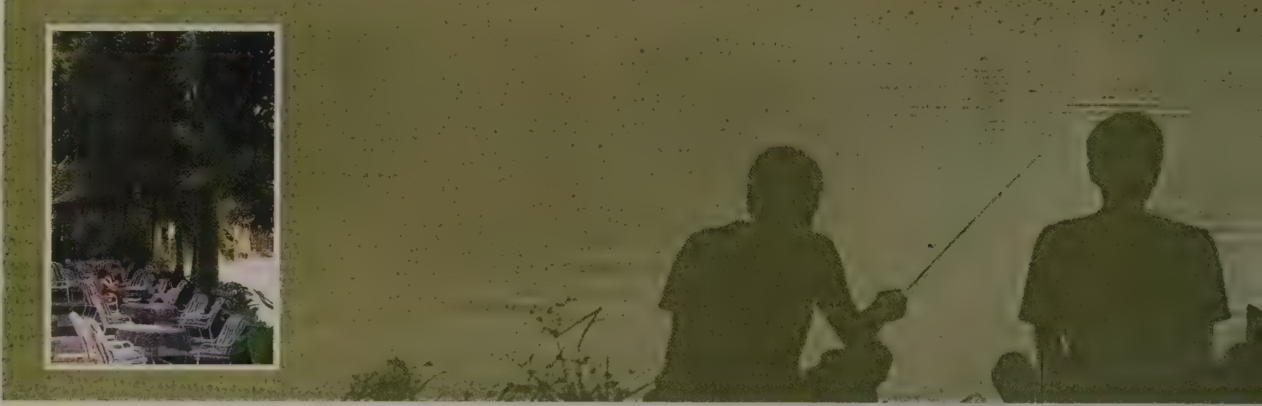
The inauguration of the two-day weekend emphasizes the equal importance of work and leisure, and more and more of our citizens are taking a second, interested look at the many cultural activities around them. What better way to dispel the tension of a day on the job than to catch a concert, watch a play, attend a seminar or participate in a meeting of their book discussion group?



台北市政府 Taipei City Government

[illegible]荷葉田田，隨風搖曳，且覓一處[illegible]
[illegible]
At Taipei Botanical Garden, water lilies rocking in the wind: get your water-color brushes out and capture the uniqueness and vitality of this summer moment -- life doesn't get any better than this! (Photo by Wang Nengyu)





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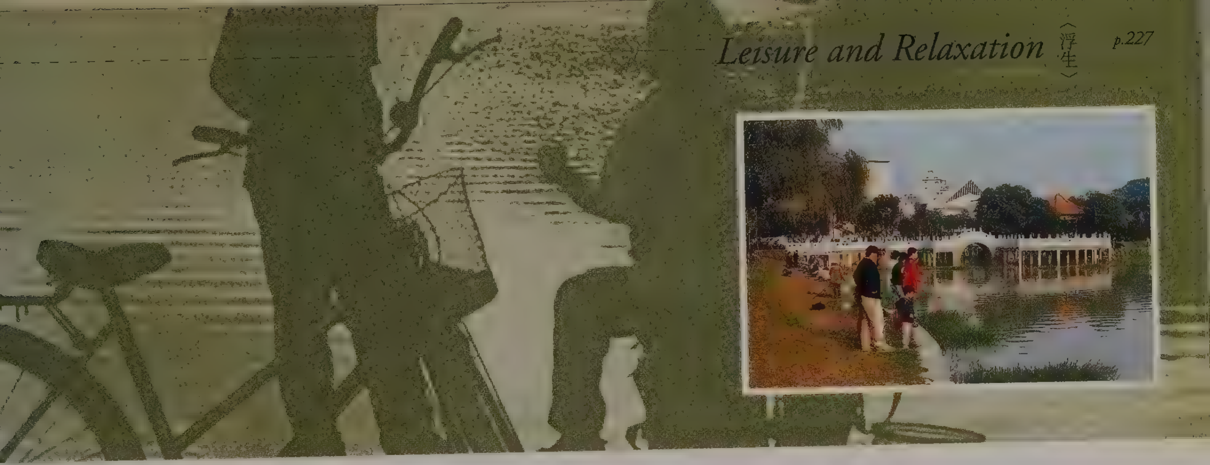
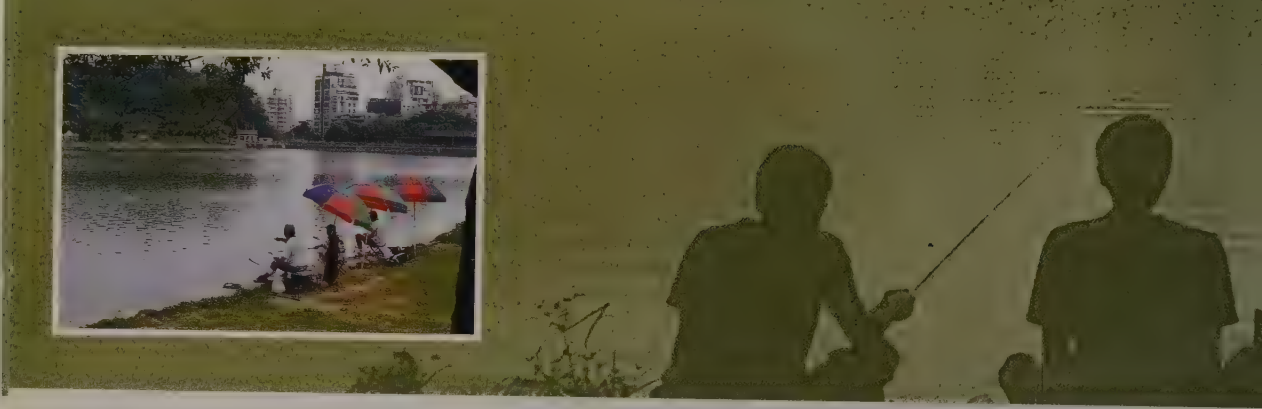
[illegible]洋溢歐洲風味的露天咖啡座裡休憩、輕語，[illegible]
A European-style outdoor cafe is the perfect place to relax, talk, and enjoy free time after a hard day's work in Taipei.（Photo by Yu Rongqin）





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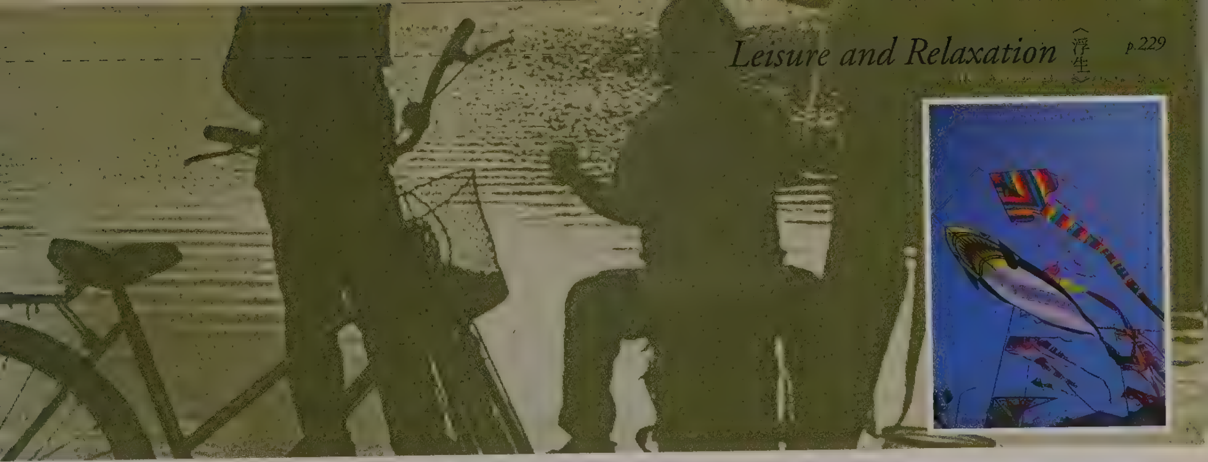
[illegible]人生，是我在釣魚？還[illegible]

A moment's leisure: toss the line and ask yourself: Is it the fish or you who's really on the hook? (Photo by Yu Rongqin)



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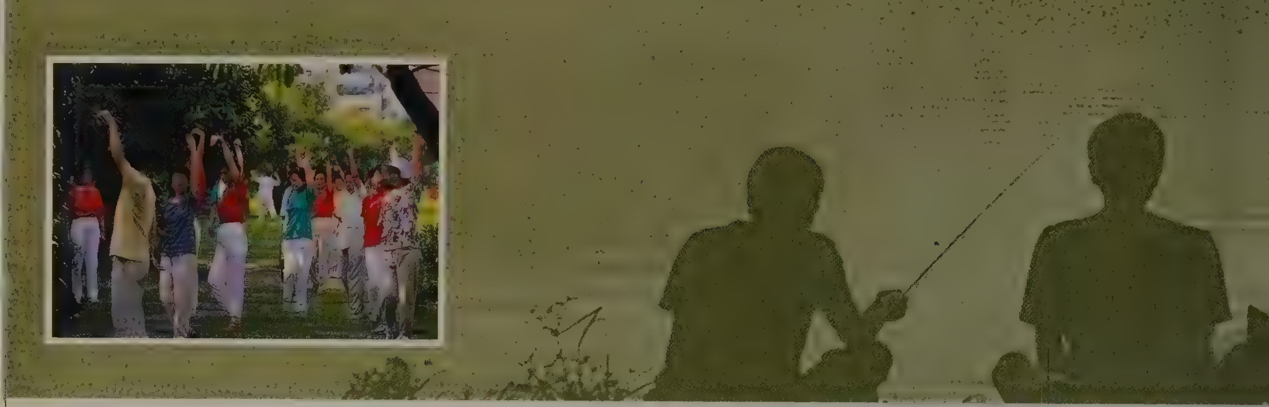
[illegible]
放昂揚。（王能佑攝）
As merry sunshine and warm breezes lift colorful kites slowly into the sky, life's tensions are also released. (Photo by Wang Nengyu)



台北市政府 Taipei City Government

[illegible]拳、香功、法輪功、元極[illegible]……[illegible]到[illegible]
[illegible]動靜、俯仰、呼吸的民眾[illegible]
[illegible]愷攝

Every morning in the parks of Taipei, you can find people practicing Taijiquan, Xiangong, Falun Dafa, Yuanjiwu, etc., greeting the new day with an exhilarating freshness of body and mind. (Photo by Hsu Yukai)

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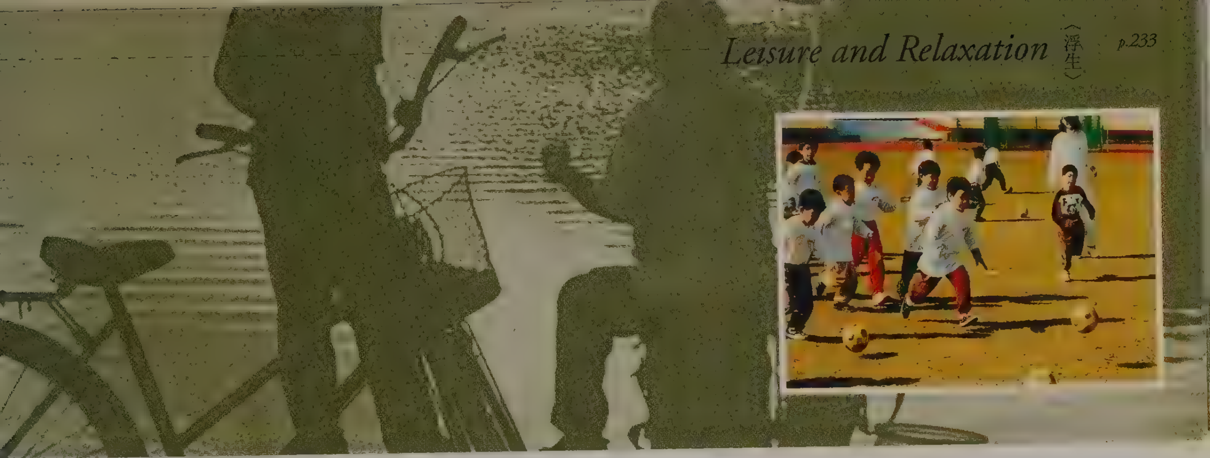
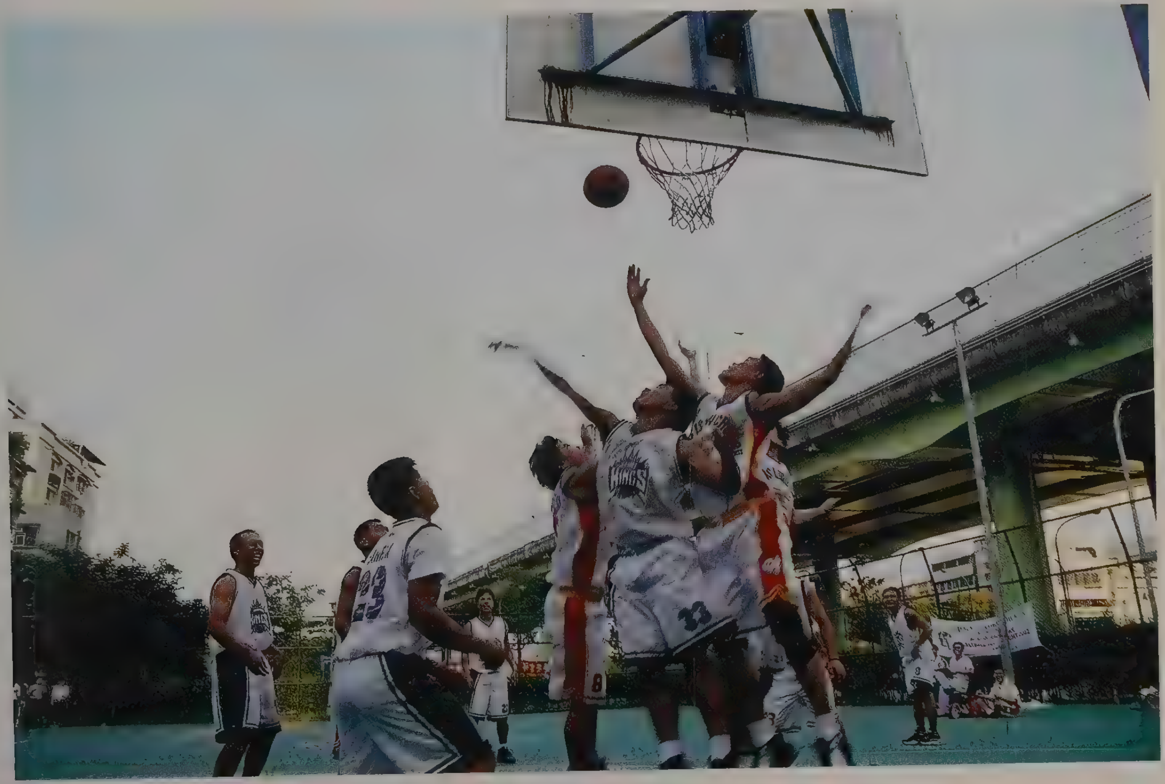
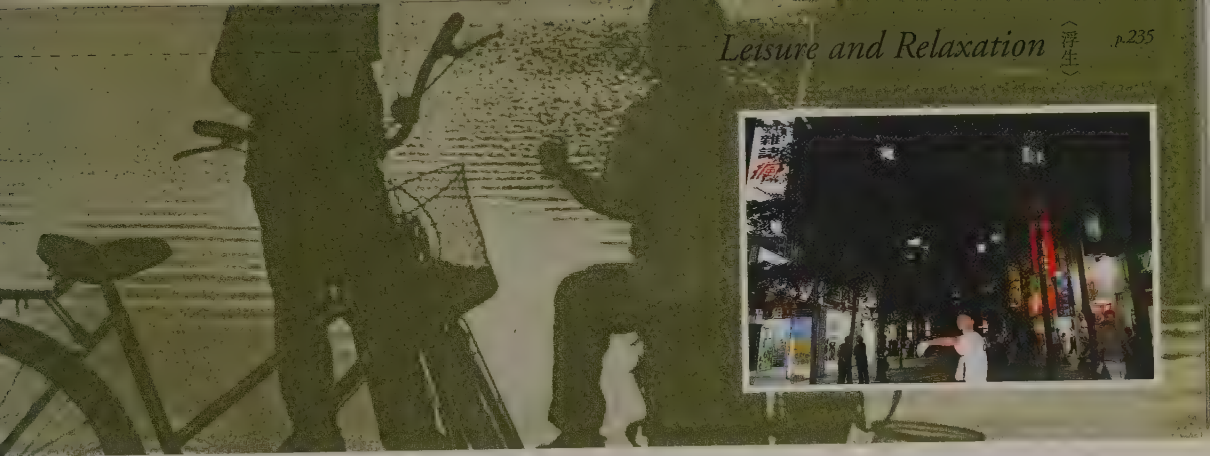
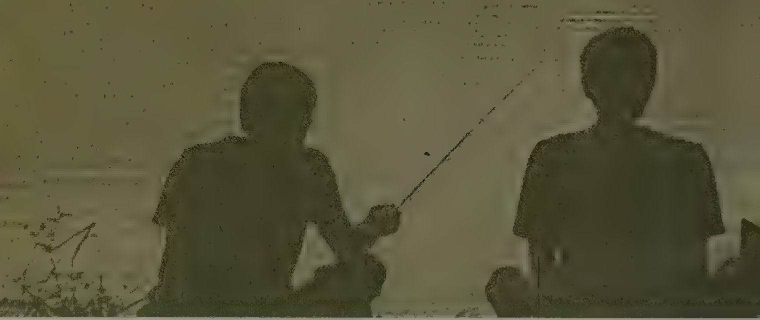




Taipei City Government

暫離職場，暫拋工作 [illegible] 盡情展現矯健的身[illegible]，讓不斷滴濺的汗水洗淨凡塵俗[illegible]（[illegible]育愷攝）
Away from duty, away from work: give it all you got, and let the sweat wash away your worldly troubles.（Photo by Hsu Yukai）





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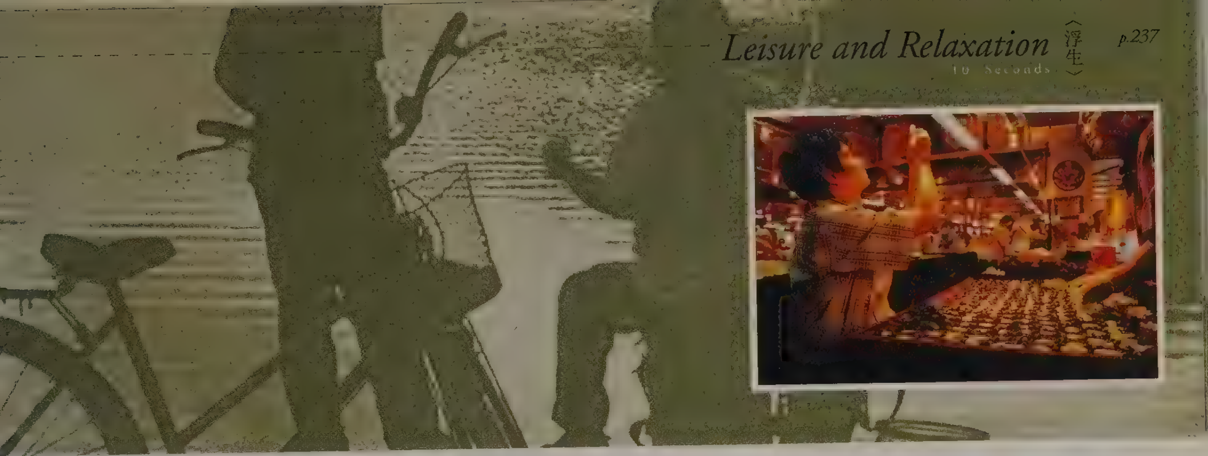
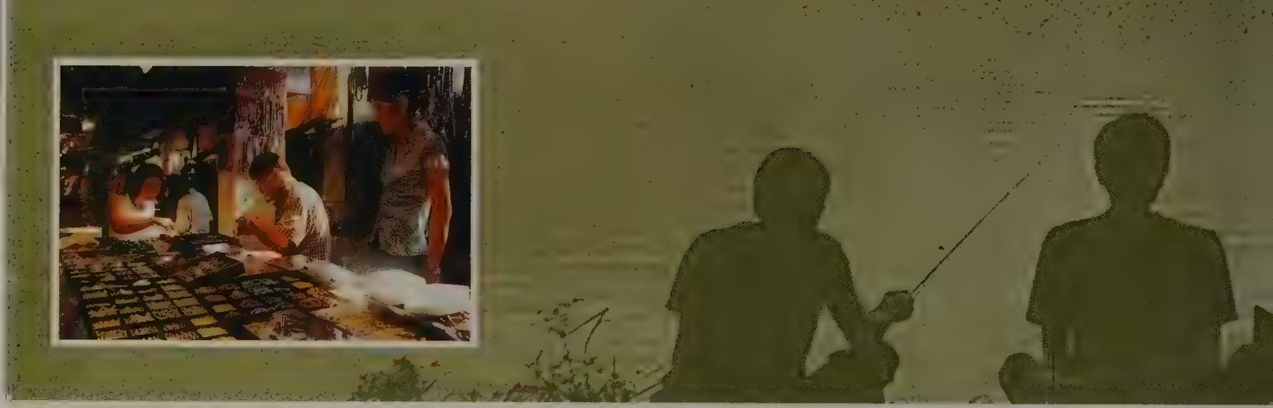
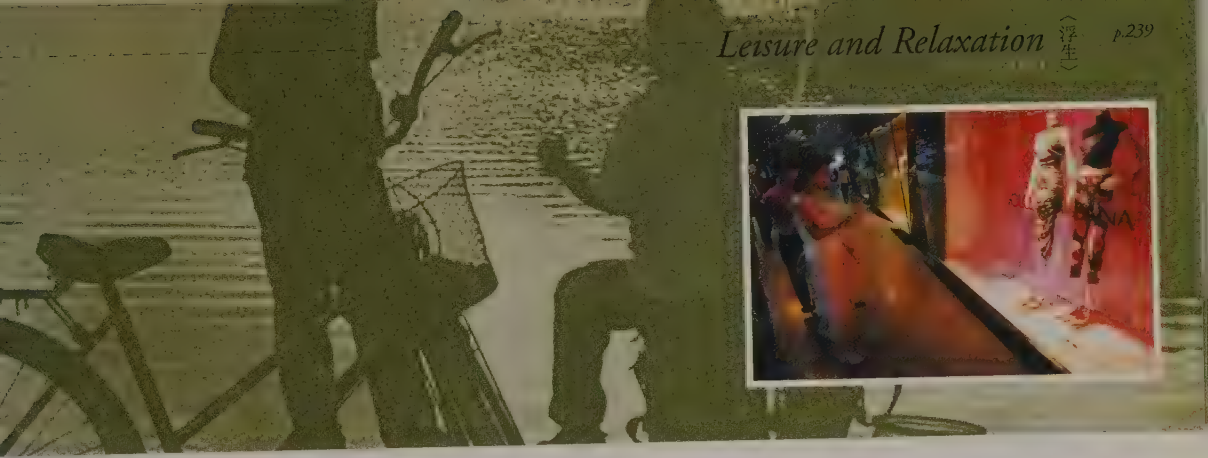
迷樣的青春，夢般的年華，台北的 E 世代青年，用心體會多采的人生
（許育愷攝）
Dreams and aspirations of youth: e-generation youngsters in Taipei put heart and soul into everything they do and live life to the fullest.
(Photo by Hsu Yukai)





[illegible] Taipei City Government

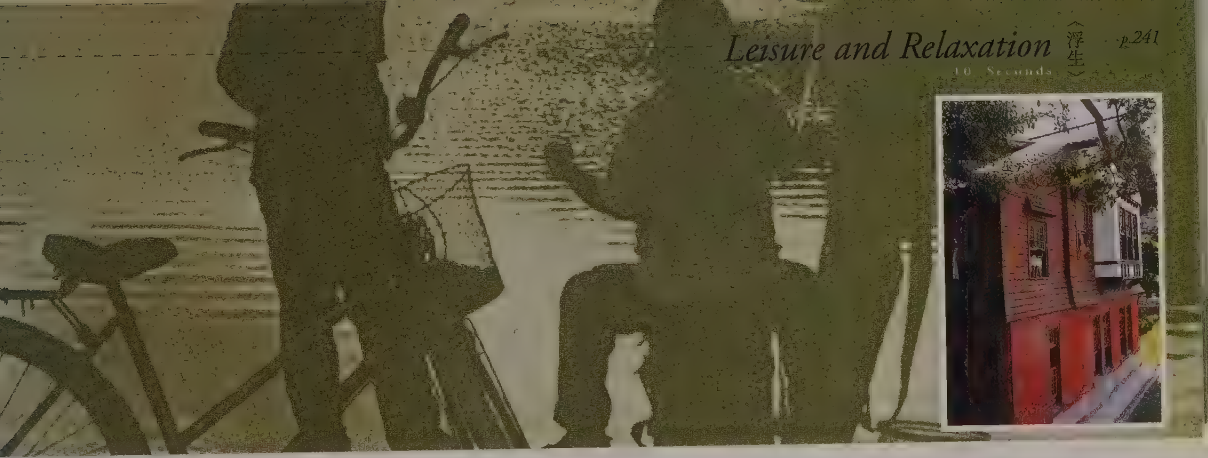
[illegible]終於體會
到人生有許多抉擇也是如此。（許育愷攝）
Choosing can be difficult when faced with a dazzling array of jade jewelry of every kind, yet choices in life are no easier.（Photo by Hsu Yukai）

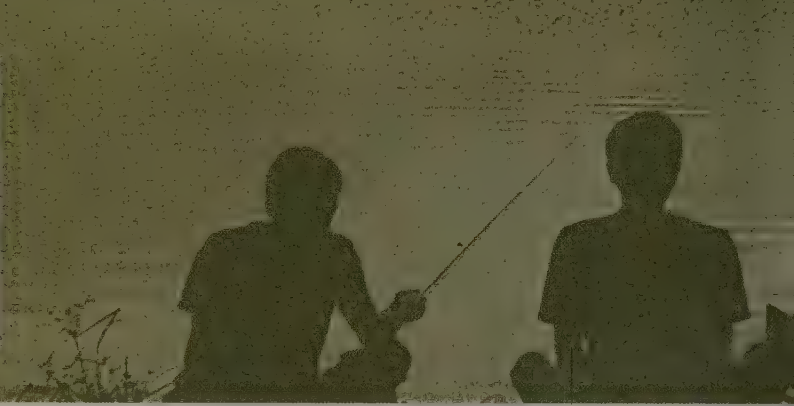


TAIPEI

台北市政府 Taipei City Government

華麗的衣飾、曼妙的身段……，不論是舞台上的顧盼生姿，還是櫥窗中的美目凝視，投射出的同樣是虛浮無定的人生。（葉銘源攝）
Beautiful clothing and graceful figures: be it expressions on stage or lovely gazes from a window, the same uncertainty of life is projected.
(Photo by Yeh Mingyuan)





台北市政府 Taipei City Government

[illegible]可以交心，[illegible]
[illegible]
Hot Spring Museum, Taipei: as you open your heart and converse with friends in this century-old building, the meaning of the words "such is the past; life is a dream" will become ever more evident.(Photo by Hsu Yukai)

十秒 不夜

Nightlife

(王能佑攝 [illegible]to by Wa[illegible] Nengy[illegible]

在咖啡店、在酒吧；一杯酒、一杯咖啡；或靜坐、或對談。台北的夜，就在迷人的氣氛中開展。（上圖王能佑／下圖杭大鵬攝）
Find yourself a cafe or a bar, order a glass of wine or coffee, and enjoy a moment to yourself or the company of your friends. When night unfolds in Taipei, the city takes on an enchanting ambiance. (Photo by Wang Nengyu / Hang Dapeng)

不知道是先有大批夜不眠的人們造就了不夜城，還是不夜的城市讓人們如蛾撲火般湧進光亮的各個據點之中。仿若無時差之城，遠方旅客即使是夜晚入此城，他們也極容易投入這幾近二十四小時開放、全年無休的城市。

不像歐洲若干大城，晚間七、八點後大街泰半僅能「逛櫥窗」，台北市東西鬧區及大型百貨據點通常營業到十點半至十一點，午夜場電影的出現，讓商圈的營業時間更往後延長。十二點，灰姑娘變身的交界點，城裡人們毋須焦慮，當此處的燈光暗下時，城的彼處依然燈火通明。

那是夜市。夜市在台北市的確切起源時間點已難考據，那是打從有記憶以來便與生活一同存在的。童年、青少年時期，在夜生活還沒有擴及更隱密的包廂式KTV、MTV、Pub、舞廳……之前，我們和父母、同學、朋友，在一次又一次的夜市掃街中，共同留下奇異的記憶。

先到龍山寺求個好籤，再漫步至華西街小吃擔仔麵、蚵仔煎與鮮嫩炸豆腐。或者從五分埔心滿意足血拼當季新款、價格實惠的成衣之後，轉至饒河街夜市吃碗藥燉排骨。如果要上陽明山，之前必定先往士林夜市，廣東粥、銅鑼燒、大餅包小餅、青蛙下蛋……等，一路解決，再到山上乘著涼風、搭配月色，好好消化一番。甚至從高級百貨商場步出，東區附近的通化街夜市正熱鬧，吃鐵板燒、路邊攤或是海鮮爆炒，啤酒屋隨你

夜市是台北市特有的風貌，也是城市居民入夜後最喜造訪流連的地點。（王能佑攝）
Night markets, one of the city's unique features, are popular hangouts for locals.（Photo by Wang Nengyu）

挑……。每個人，都在腦中輸入了每個夜市，自己或同伴所屬意的食物，在某個時刻，不小心被什麼觸媒，一群人便呼嘯著機車、汽車，一定要前往該處大啖一番，否則當夜輾轉難眠。

某某夜市的什麼東西，最後竟成為這座城中居民共同的鄉愁。

然而，不夜城的光亮處，其實是給不甘寂寞的人使用的。喜愛孤獨的個人，極少會讓自己落入一群呼朋引伴的華麗中。逛夜市、上陽明山看夜景、看午夜場電影、唱KTV、打保齡球……等，多是團體行動，或者，情侶對對。

於是，深夜從巷弄走進明亮的二十四小時便利商店中，只是為了宵夜；汲著拖鞋到附近的夜攤販上點個小菜熱麵加盤臭豆腐，或驅車前往某家Pub、Bar的吧台獨飲好聽的音樂；靜坐在舞廳某處，眼望池內狂歡的人群；到一家營業至四點的咖啡店伴爵士樂冥想，或凌晨三點到二十四小時營業的書店看本好書，微微睏於沉靜的空氣裡……

不夜城的聚焦處，性喜歡樂高潮的人們，仿若忍受不了分秒的孤獨，從這裡奔向那裡，再從那裡奔向另處，直到晨曦微明方滿意散去安睡；不夜城聚焦點的微陰處，那些性喜孤獨的人們，終也可以在黑暗之外，有另一種選擇——一盞安靜的燈，在同等靜謐且有陌生人陪伴的深夜裡，一同度過一個又一個的，不夜。

夜市也是老饕滿足口腹之慾的絕佳去處。（杭大鵬攝）
Night markets are perfect places to satisfy your craving for snacks.（Photo by Hang Dapeng）

10 Seconds

Nightlife

不夜

重新規畫後的臨江街觀光夜市，愈夜愈美麗。（王能佑攝）
The newly renovated Linjiang Street Tourist Night Market comes to life as it gets deeper into the night.
（Photo by Wang Nengyu）

深夜的台北街頭，七彩霓虹依舊閃爍。（許育愷攝）
Late night, the streets of Taipei under flashing neon signs. (Photo by Hsu Yukai)

Unlike certain cities in Europe, where after 7 or 8 in the evening window-shopping becomes the only option for people strolling the streets, Taipei's commercial districts both east and west, as well as a number of large department stores, regularly remain open for business until ten-thirty or eleven. And with the advent of "midnight screenings" at local movie theaters, business hours in adjoining commercial zones are also being extended later and later. Cinderella may well have had to worry about making it home by midnight, but in Taipei, as the lights go off in one part of the city, they are just coming on in another, and no-one here need worry about their frolics coming to an untimely end.

各式各樣的夜市小吃，讓夜貓族吃得心滿意足　（杭大鵬攝）
A great variety of local delicacies satisfy the stomachs of night owls. (Photo by Hang Dapeng)

There are, for example, the night markets, an aspect of life that in Taipei seems immemorial. As long as anyone can remember, they have been here, an indelible feature of childhood and teenage life long before darkened and enclosed KTVs, MTVs, pubs and dance halls came along. What wonderful memories of childhood and indeed every stage of life are associated with these lively strips of bright animation floating in the city night.

二十四小時營業的書店提供夜貓族另一種選擇。（許育愷攝）
Bookstores that operate around the clock provide an alternative late-night haunt for night owls.
(Photo by Hsu Yukai)

After checking the omens at Longshan Temple, it's a short walk to the snack counters of Huaxi Street for a bowl of danzi noodles, an oyster omelet, or a plate of fresh, steaming fried tofu. Or head out from the satisfying purchase of an inexpensive, fashionable outfit at Wufenpu and stroll the Raohe Night Market, stopping for a bowl of tonic pork chops. Or if you're on your way to Yangmingshan, an obligatory first stop is the Shilin Night Market for a bowl of Cantonese rice soup, a tongluo bean pancake, a hotcake-within-a-hotcake, or sweet "frog-egg" tapioca, followed up with a jaunt up the mountain for a refreshing postprandial stroll in the cool breezes by the light of the moon. You might also step out from a department-store plaza and make your way to the Tonghua Street Night Market near the eastern commercial district for sizzling teppanyaki, a snack from a roadside stall or, as your fancy might guide you, even a foray into a seafood beerhouse. Everyone has their own and their friends' favorite food at each night market recorded in the back of their minds, and it takes just the slightest catalyst to spark a spontaneous gathering around a table loaded with taste sensations. How could one ever get to sleep without it?

And so, from the dark of the night, how easy it is to step into a bright 24-hour convenience store for a quick snack, or to slip on a pair of sandals and head for a roadside stall for a bowl of noodles and a plate of hot stinky tofu. Music is playing in a pub just a short distance away, and there's so much to please the eye in any of the discos in town. Chill out to jazz rhythms at a coffeehouse until four a.m. or head to a 24-hour bookstore for a good read, becoming sleepy in the still night air.

Taipei City Government

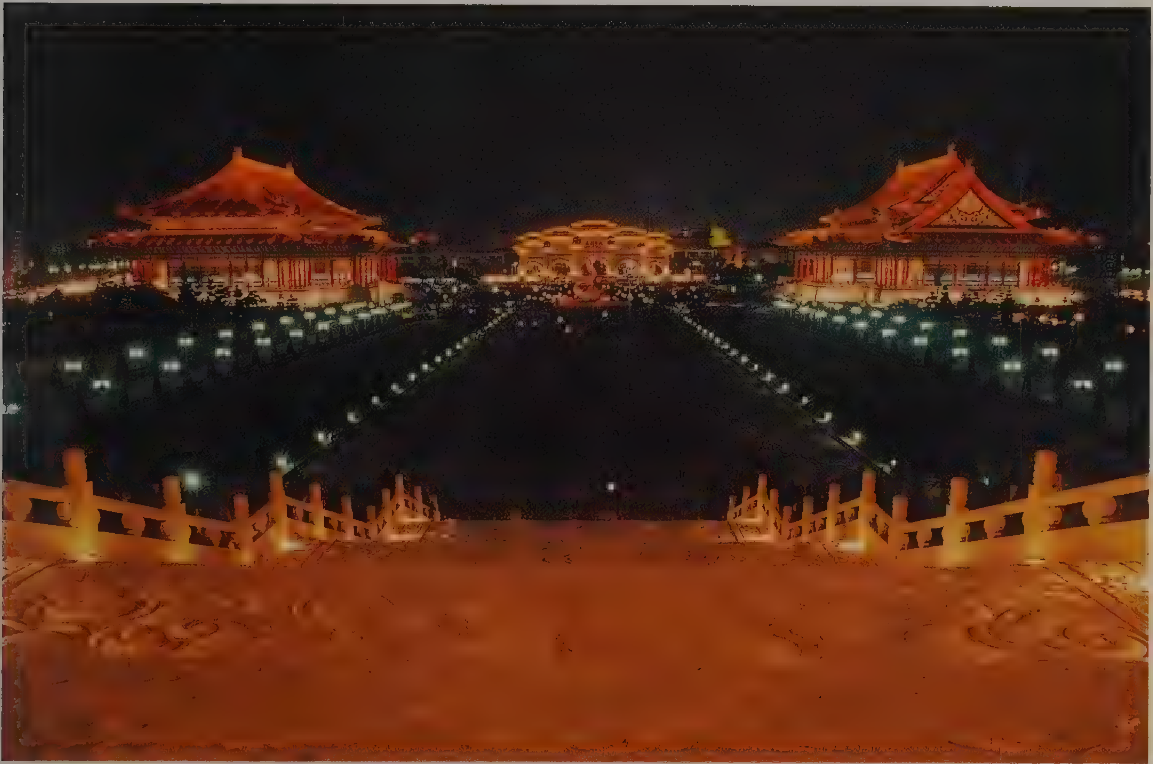
As night falls, streets and buildings are lit to prepare for Taipei's nightlife to kick off. (Photo by Yu Rongqin)

台北市政府 Taipei City Government

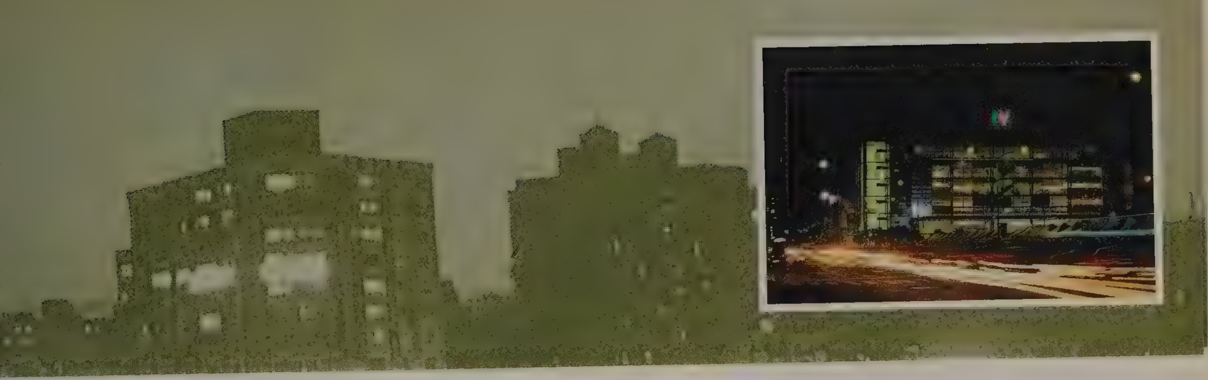
Night view of the Judicial Office building. The kaleidoscopic lighting lends the nights of Taipei an aura of romance. (Photo by Lin Ximing)

台北市政府 Taipei City Government

七彩噴泉的[illegible]，讓夜間的大佳河濱公園更加璀璨耀眼。（王能佑攝）
The rainbow fountain adds glamour and splendor to the night view at Dajia Riverside Park. （Photo by Wang Nengyu）



在安詳靜謐的夜幕裡，中正紀念堂更加顯得燦爛輝煌。（余榮欽攝）
In the stillness of the night, Chiang Kai-shek Memorial Hall appears even more dazzling and magnificent.（Photo by Yu Rongqin）



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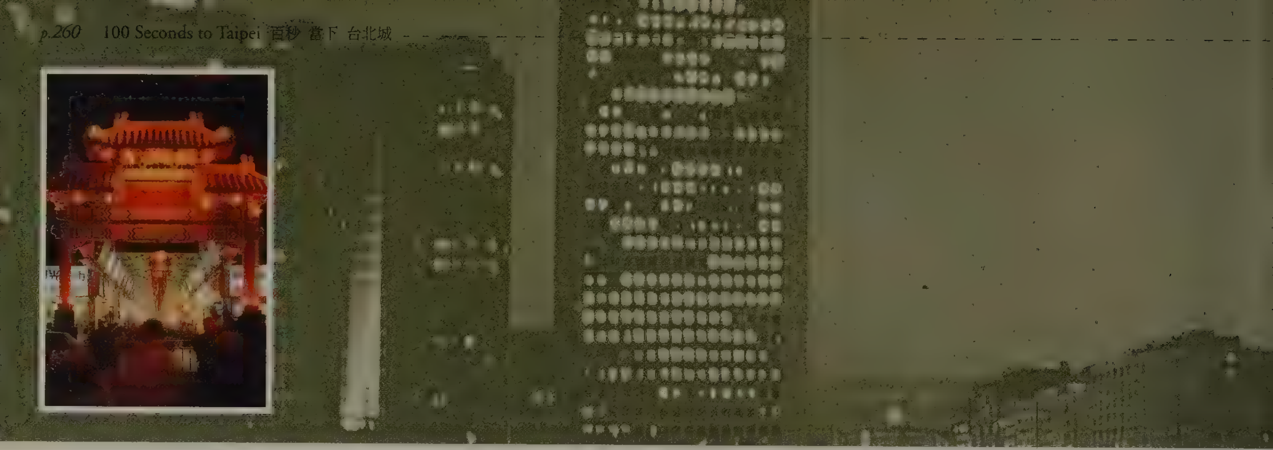
As dusk descends, nightlife takes center stage in major business districts anchored by large department stores. (Photo by Hsu Yukai)

饒河街觀光夜市



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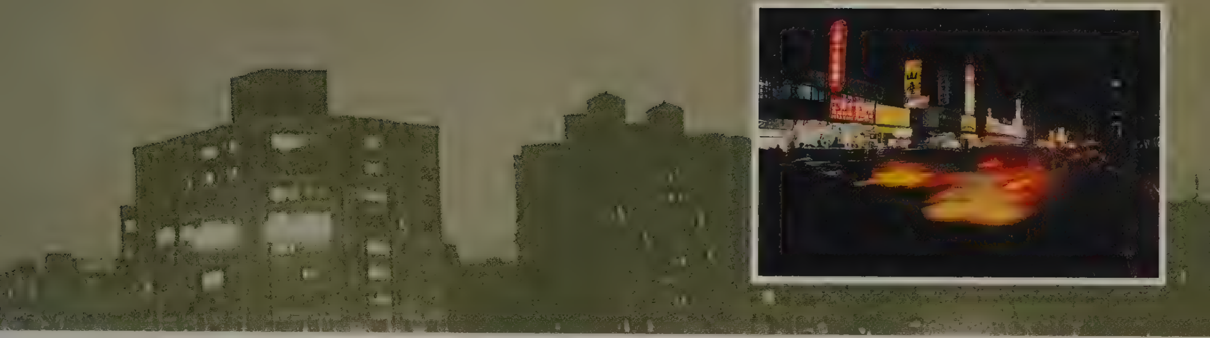
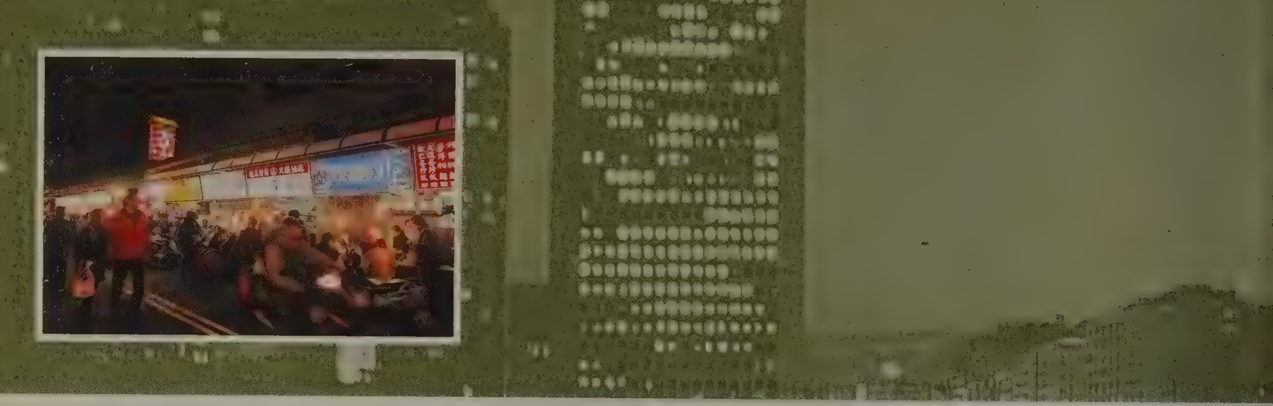
散步、看熱鬧、買便宜貨、享受美食，台北市的夜市都能提供方便，而且愈夜愈熱鬧，愈久愈沸騰。（王能佑攝）
Taipei's night markets allow you to take a leisurely walk, join the crowd, get real bargains, and savor gourmet food, all with great convenience. Besides, the later it gets, the more crowded and boisterous night markets are.
(Photo by Wang Nengyu)





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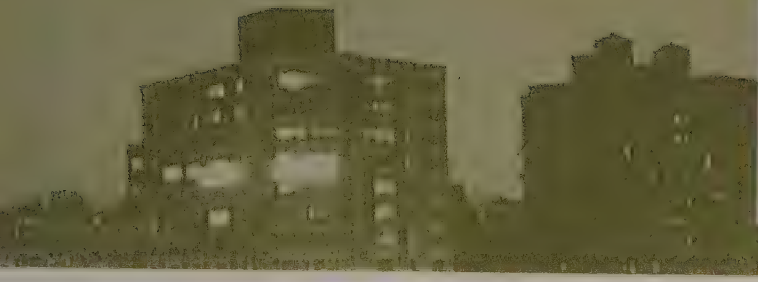
…清粥小菜，爽口的滋味足以讓人忘卻白天的煩憂（王能佑攝）
A meal of rice porridge with tasty side dishes lets you forget the worries and pressures of the day.（Photo by Wang Nengyu）



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無論是在咖啡館靜中沈思，或者在PUB搖擺輕舞，台北的夜晚和白天一樣「動靜皆宜」。（王能佑攝）
Whether you're the type to sit at a cafe in meditation or swing and sway to the music at a pub, Taipei is the place for you.（Photo by Wang Nengyu）

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Dazzling fireworks and a mosaic of city lights trace out the night view of Taipei--a city that is always on the go, 24 hours a day, 365 days a year.
(Photo by Yeh Mingyuan)

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